Panasonic

Operating Instructions

Instrucciones de Uso
Mode d'emploi

Household Massage Lounger

Sillón de Masaje Doméstico
Fauteuil vibromasseur

Model No./Nº de modelo/Nº de modèle EP-MA20

English 1

Español S1

Français F1

Before operating this unit, please read these instructions completely.

Antes de utilizar esta unidad, lea compleatamente estas instrucciones y guárdelas para referencia futura.

Avant d'utiliser cet appareil, nous vous recommandons de lire l'ensemble de ces instructions et de les ranger dans un endroit accessible pour une consultation ultérieure.

IMPORTANT SAFETY INSTRUCTIONS

English

Basic precautions should always be followed when using an electrical unit, including the following.

Please ensure that you read all instructions before using the Household Massage Lounger.

DANGER – To reduce the risk of electric shock:

1. Always unplug this unit from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Always insert the power plug all the way into the outlet to reduce the risk of short-circuit and fire.
2. The unit should never be left unattended when plugged in. Always unplug the unit when not in use.
3. The unit is not to be used by people who cannot move or communicate on their own.
4. Only use the unit for the purpose described in these instructions.
5. Do not stand on the unit.
6. Do not use any accessories other than those recommended by the manufacturer.
7. Always return the seat to the upright position and make sure the legrest is completely retracted. Be careful that nothing is obstructing the legrest while retracting. Keep children away from the legrest.
8. Never operate the unit if it has a damaged power cord or plug. Return the unit to the nearest authorized service center if it is not working properly, if it has been dropped or damaged, or if it has been immersed in water.
9. Keep power cords away from heated surfaces. Do not carry the unit by the power cord.
10. Never block the air openings during operation and make sure that all air openings are kept free of lint and hair, etc. Do not drop or insert anything into any of the openings of the unit.
11. Do not use the unit on top of heating appliances, such as electric carpets, etc. Do not operate the unit under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
12. Do not use the unit in bathrooms or other damp or humid places as this may cause electric shock or cause the unit to malfunction. Do not spill water, etc. onto the controller.
13. Do not use the unit outdoors.
14. Do not use or operate where aerosol spray products are being used or where oxygen is being administered.
15. When unplugging the unit, turn off all controls before removing the plug from power outlet. Do not use the unit with a transformer as this may lead to malfunction or electric shock.
16. Connect this unit to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS

SAFETY PRECAUTIONS

CAUTION: To avoid the risk of injury:

1. Persons with any of the conditions listed below or who are undergoing medical treatment or suffer from medical conditions should consult with their physicians before using the unit:
   a) Pregnant women, people who are ill, in poor physical shape.
   b) People suffering from back, neck, shoulder, or hip pain.
   c) People who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference.
   d) People suffering from heart disease.
   e) People who are prohibited from receiving massage by a physician due to thrombosis or aneurism, acute varicose veins, or other circulatory disorders.
   f) People with irregular curvatures of the spine.
2. This unit should not be used by children. Remove the key when not in use and store out of reach of children.
3. Sit down slowly after checking the position of the massage heads. Never put any part of your body between the massage heads as the squeezing action of the massage heads may cause injury. Never put your fingers or feet in the gap between the backrest and seat, the backrest and the armrest, the seat and cover under the armrest, or the gap between the legrest and the footrest. Do not place your fingers or any part of your body in the mechanism below the legrest, or between the legrest and footrest.
4. Do not use the unit against bare skin. While thin clothing may increase effectiveness, exposing the skin directly to the massager may irritate the skin.
   Do not use the unit while wearing anything hard on your head like a hair accessory, etc. Do not use the unit for massaging the head, abdomen, front neck, elbows or knees.
   Do not use excessively strong massage action on the back of the neck.
5. When using the body scanning function, always ensure that the shoulder position is correct. If the shoulder position is not correct, use the POSITION button to adjust it properly. Or stop the massage function and re-try the body scanning function. You can adjust the shoulder position in this way in the auto program and manual operation. Failure to align the shoulder position correctly can lead to injury.
6. Do not stretch the back muscles for more than approximately 15 minutes at a time. To avoid overstretching the muscles which may result in discomfort, do not use the unit for more than 5 minutes when first using it. You can gradually increase the duration and strength of the massage as you become used to it.
   Do not massage any one point for more than 5 minutes at a time.
   Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect.
   To prevent excessive massaging, do not use the massager for more than a total of 15 minutes each session.
   After approximately 15 minutes, the massage heads will be retracted and stop moving.
   The back cushion can be removed if you want to experience a stronger back massage. Exercise extreme care when you use this mode in order to avoid back pain or injury. Use only for short periods of time (no more than 15 minutes). Reinstall the back cushion if you want to restore to normal massage intensity.
7. While using the massager, if you start feeling sick or if the massage seems painful, stop using it immediately. While using the massager, if the pressure seems too strong, the movement of the massage heads can be stopped at any time by pressing the Quick Stop button.
8. Do not go to sleep while using the unit. Do not use the unit after drinking alcohol.
9. When the seat back is in a reclined position, do not sit on it or sit with your legs resting on the headrest. Do not sit on the legrest as the unit may fall over.
10. Do not allow children or pets to play on or around the unit, especially during operation.
11. Do not unplug the unit or turn it off during operation. Unplug the unit immediately if there is a power outage.
12. Be sure to start on the gentle massage program if using the massager for the first time. The shiatsu massage is stronger and should be enjoyed after one has gotten accustomed to the chair.
13. Do not allow children to play on this mechanized furniture or operate the mechanism. Legrest folds down on closing so that a child could possibly be injured. Always leave in an upright and closed position. Keep hands and feet clear of mechanism. Only the occupant should operate it.

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14. Always raise the back cushion to check that the fabric of the unit itself has not been ripped before using the unit. Please also check other areas to ensure that the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power cord and have the unit repaired at an authorized service center.
15. Sit on the unit after confirming there is no foreign matter between the parts of the unit. (Confirm that there are no foreign objects stuck in the back cushion, leg/sole massage section, or under the seat.)
    Failure to observe this precaution may result in accident or injury.
16. Always return the legrest to its original position before moving the unit.
    Failure to observe this precaution may result in injury due to the legrest returning to its original position when the unit is being moved.
17. Do not leave the removed attachment screws lying unattended.
    Accidental ingestion may occur.

OPERATING PRECAUTIONS

CAUTION: To avoid damaging the chair, follow these precautions:

1 The chair is designed for a maximum user weight of 264 lbs (120 kg). Exceeding the maximum weight may cause permanent damage to the massage mechanism and/or other components of the unit. Any such damage is deemed to be user abuse and is not covered under the Limited Warranty.

2. Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the armrest and the chair back.
3. Do not treat the chair roughly, such as turning the chair on its side, turning the chair over or standing on it.
4. Do not treat the covering roughly.
   • Keep sharp or pointed objects away from the covering of the chair. Be careful not to drop lit ashes, lit cigarettes or matches on the chair.
   • Exposure to direct sunlight can cause fading or a change in color of the covering.
5. If the massager functions abnormally, immediately turn off the power and have the massager checked by an authorized service center.
6. Do not repeatedly operate any switch at short intervals. Such action may cause the switch to malfunction.
7. Some noise may be heard coming from the massager while in use. This is due to the structure of the massager and is normal.
8. Make sure there are no obstacles behind the chair before reclining it. The chair can be reclined to a maximum angle of 170˚. If the back hits a wall or pillar, the chair may malfunction. Be sure to have ample space behind the chair. Recline the chair slowly in order to avoid contact with an obstacle.
9. When excessive pressure is applied to the massage heads, they may stop moving for safety. When moving the heads up from the lowered position, one's body weight may stop the heads' movement. In such a case, slightly raise your body and allow the massage heads to move up.
10. After each massage, slide the power switch, which is located on the right side of the chair, to the "off" position and turn its lock switch to the "lock" position.
11. Do not sit on the chair with wet body or hair.
12. The unit must not be used in "wet rooms" (sauna, swimming pool) or outdoors.
13. Do not attempt to open or disassemble any part of the unit. Only use an authorized Panasonic servicer to fix your unit.

GROUNDING INSTRUCTIONS

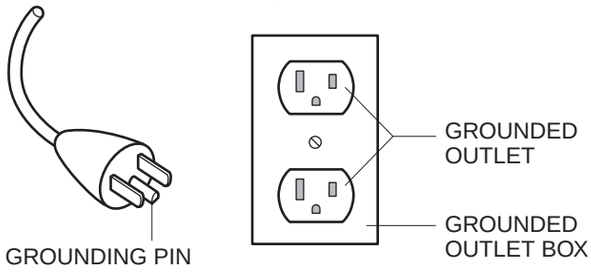
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug.
No adapter should be used with this product.

Figure A



SPECIFICATIONS

Power Supply:	AC 120 V 60 Hz
Rated Current:	1.6 A
Upper Body Massage	
Massage area (Up-Down):	Approx. 28.7 in. (73 cm) [The massage heads move a total of approx. 24.4 in. (62 cm)]
Massage area (Left-Right):	Distance between massage heads during operation (massage width adjustable) Neck, Shoulder, Back, Lower back: Approx. 2 in. – 8.3 in. (5 cm – 21 cm)
Massage area (Forward-Back):	Projected amount of massage head (Intensity adjustable) Approx. 4 in. (10 cm)
Massage speed:	Tap: Approx. 250 cycles/minute – 450 cycles/minute (single side) Full roll: Approx. 33 seconds – 84 seconds (both ways) Other than the above: approx. 5 cycles/minute – 50 cycles/minute
Vertical travel:	Vertical travel (Long): Approx. 28.7 in. (73 cm) up-down auto return
Massage width:	Full roll, Vertical Movement: Approx. 2 in. – 6.7 in. (5 cm – 17 cm) Other than the above: Same as massage area (left-right)
Air massage	
Air Pressure (Calf):	5: Approx. 32 kPa 4: Approx. 31 kPa 3: Approx. 29 kPa 2: Approx. 22 kPa 1: Approx. 18 kPa * It may vary with the area slightly.
Reclining angle:	Backrest: Approx 120° – 170° Legrest: Approx 0° – 85°
Automatic shut-off:	Automatically turns off after approx. 15 minutes
Dimensions	
When not reclined (H × W × D): When reclined (H × W × D):	Approx. 46.1 in. × 30.7 in. × 49.6 in. (117 cm × 78 cm × 126 cm) Approx. 24.2 in. × 30.7 in. × 76.8 in. (62 cm × 78 cm × 195 cm)
Weight of Unit:	Approx. 155 lbs (70 kg)
Dimension of box (H × W × D):	Approx. 28.3 in. × 30.7 in. × 65.4 in. (72 cm × 78 cm × 166 cm)
Weight in box:	Approx. 188 lbs (85 kg)
Maximum user weight:	Approx. 264 lbs (120 kg)
Minimum distance from wall:	16 in. (40 cm)

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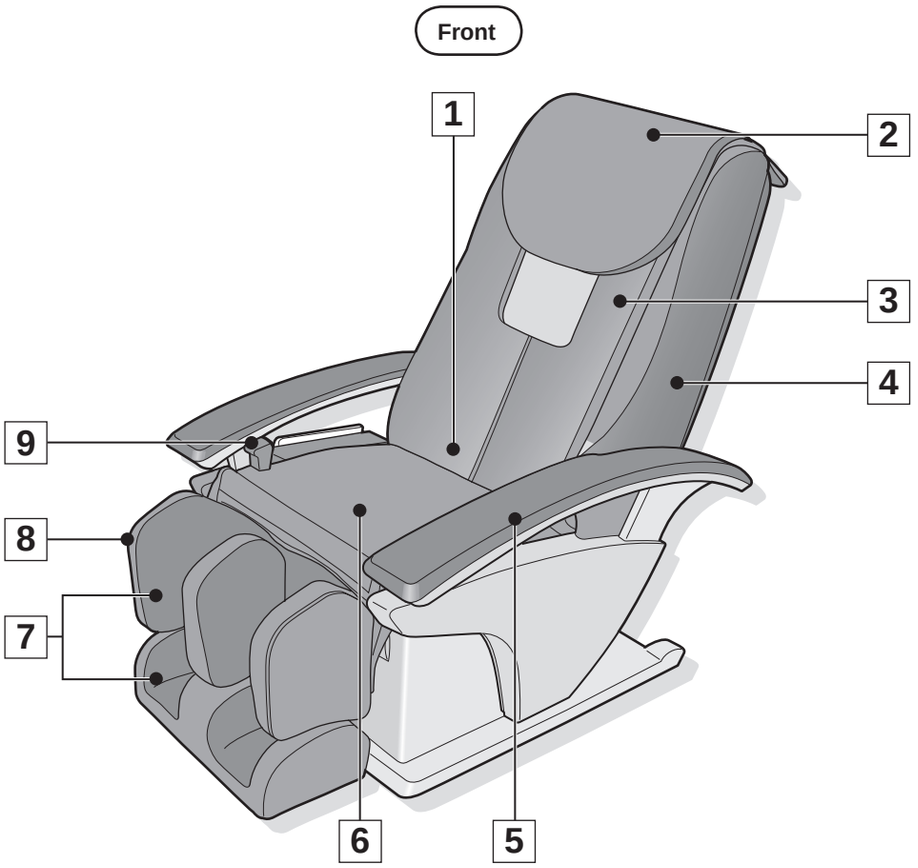
Part names and functions

Main unit



1 **Retracted position of massage heads**

2 **Pillow**

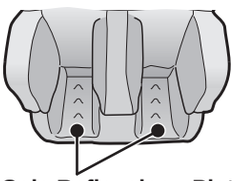
3 **Back Cushion**

4 **Backrest**
- Includes integrated massage heads.

5 **Armrest**

6 **Seat**

7 **Leg/Sole massage section**
- Includes air massage function.

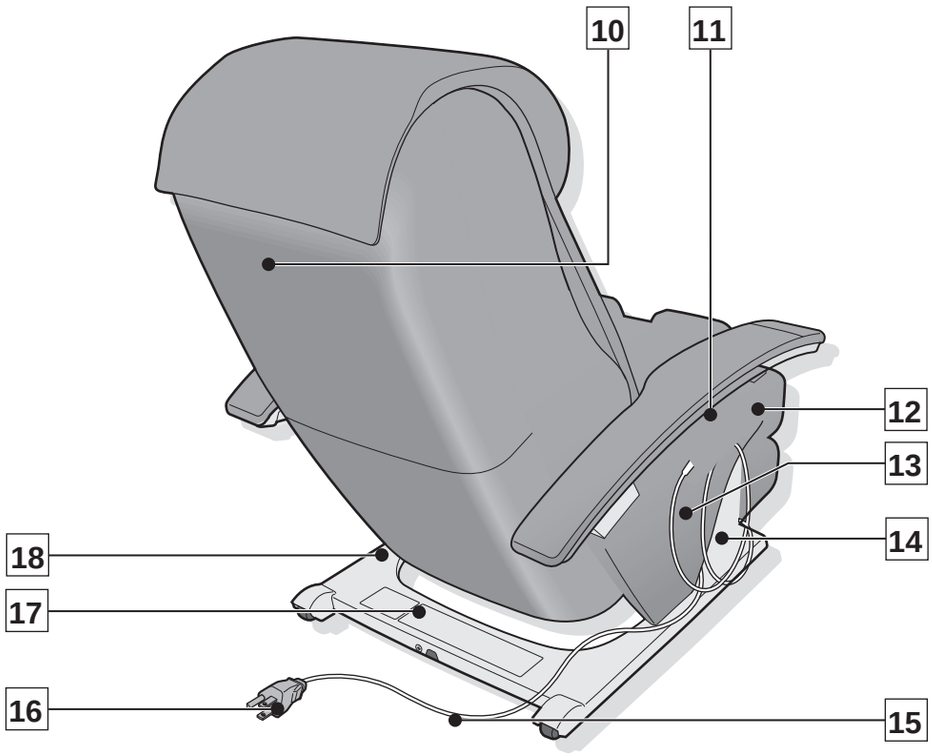


Sole Reflexology Plates
- "Creepers" are provided on the back side.
- Fine adjustment of position possible.
- Removable.

8 **Legrest**

9 **Legrest Slide Lever**
- Extendable length to approx. 4.7 in. (12 cm).

Back



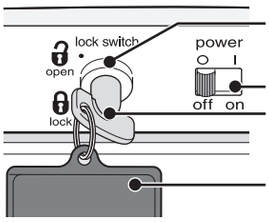
10 **Back Cover**

11 **Controller tray**

12 **Controller**
• See page 7 to 8.

13 **Child Safety Decal**

14 **Power Supply Box**



Lock Switch

Power Switch

Lock Switch Key

Lock Switch Key Tag
• For preventing children from swallowing it by accident.

• Lock switch is set to “open” and power switch is set to “on” prior to leaving the factory.

15 **Power Cord**

16 **Power plug**

17 **Safety Precaution Label**

18 **Leg cover**

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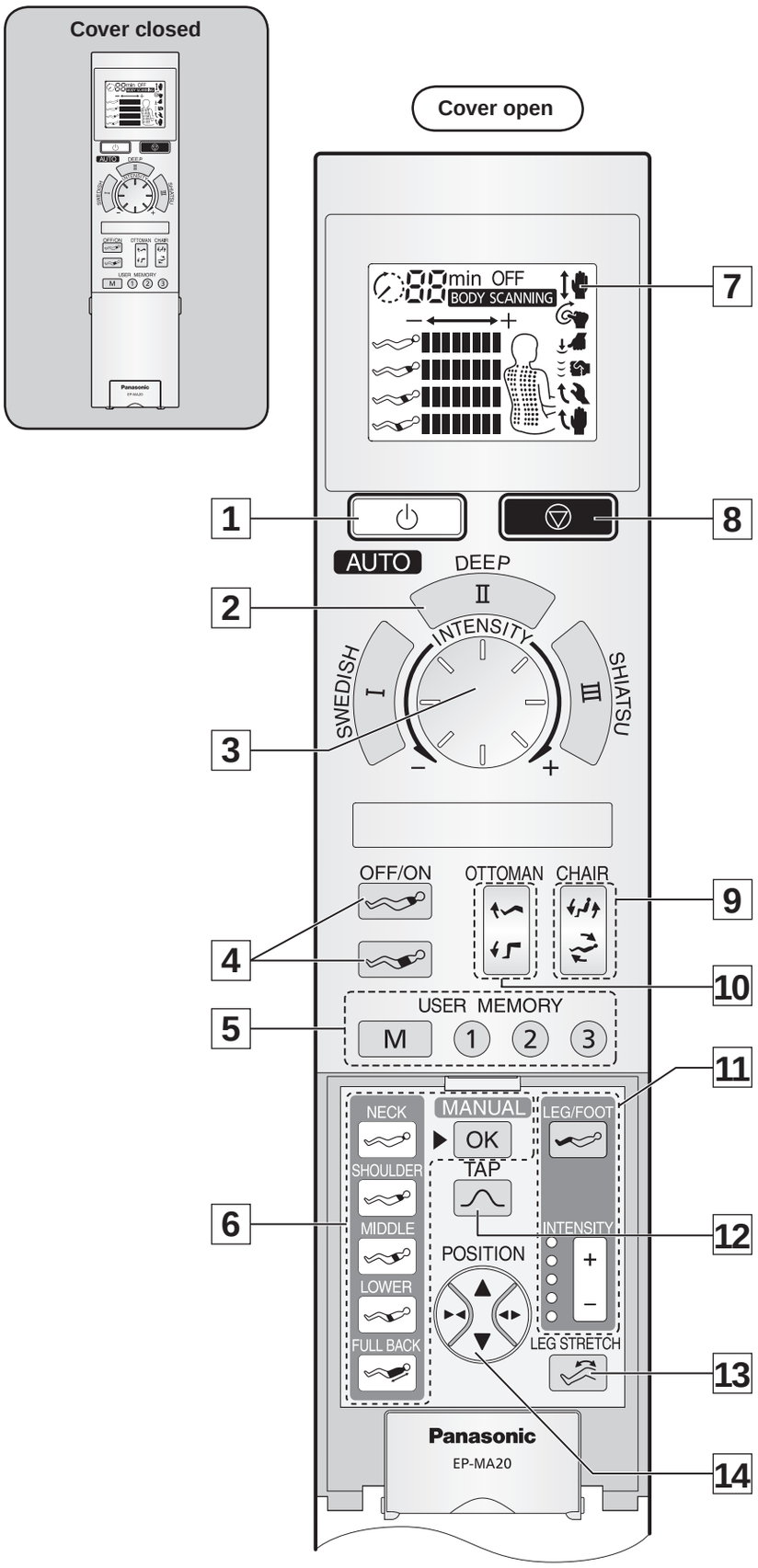
Controller



1 **Off/On button**

2 **Program Selection buttons**

• See page 16.

3 **Massage intensity adjustment dial**
- Intensity of the massage (pressure of the massage heads pressing onto the body) can be adjusted.

4 **Region Off/On button**
• See page 18.

5 **User Memory Registration button**
• See page 20.

6 **Manual Operation Selection button**
• See page 24.

7 **Display**
- This illustration is when all lamps are illuminated.

• See page 8.

8 **Quick Stop button**
- Press this button to stop the massage immediately.

9 **Reclining Angle Adjustment button**
• See page 28.

10 **Ottoman Angle Adjustment button**
• See page 28.

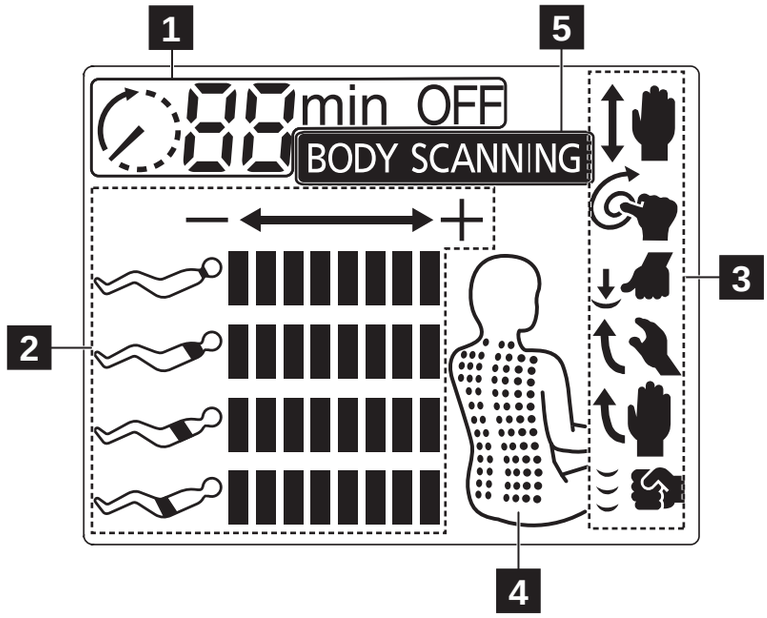
11 **Air Massage button**
• See pages 19, 24 and 25.

12 **Add Tap button**
• See page 24.

13 **Leg Stretch Off/On button**
• See pages 19, 24 and 25.

14 **Position button**
• See page 24.

Display



1 **Time Remaining Display**

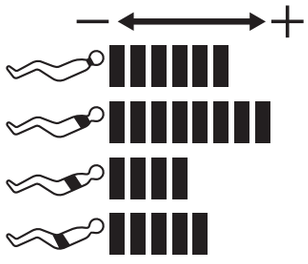
(During massage)

(After finishing massage)

OFF

2 **Massage Intensity Display**

- Current massage intensities (pressure of the massage heads pressing onto the body) for each region are displayed in 8 steps.



3 **Operation Display**

- Current massage operation is displayed while massaging.
- Currently selected operation is displayed when Manual Operation is selected.

FULL ROLL

ULTRA KNEAD

SHIATSU

KNEAD

SWEDISH

TAP

4 **Massage Area Display**

- Current general massage area will flash.

5 **Body Detection Notification Display**

- This will light up when the body scanning is completed.

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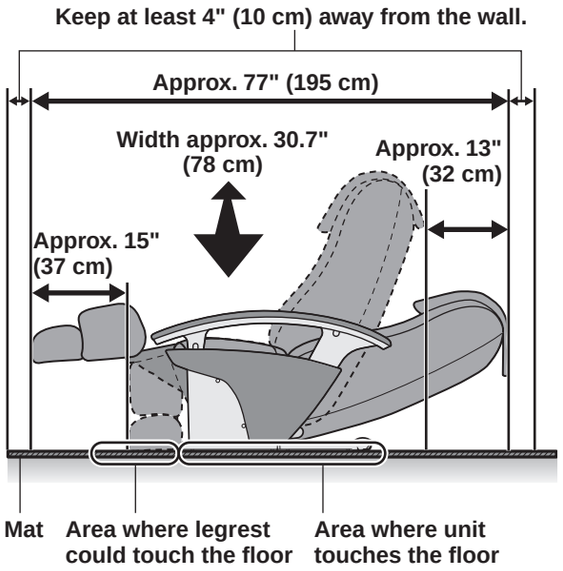
Setting up the massage lounger

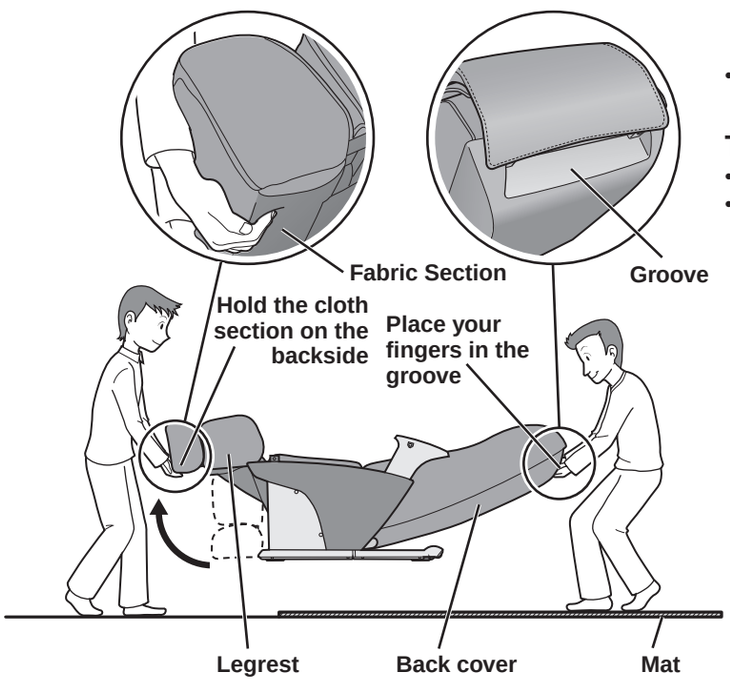
1 Where to use the unit

- Ensure there is adequate space to recline.
- Do not expose the massage lounger to direct sunlight or high temperatures, such as in front of heating sources, because this can cause discoloration or hardening of the synthetic leather.
- Place the unit on a mat to prevent floor damage.
- When placing a mat under the unit, the size of the mat should be sufficient [at least 47.2 in × 27.6 in. (120 cm × 70 cm)] to cover the areas where the unit touches and where the legrest could touch the floor, as shown in the diagram on the right.
- Install the unit near a power outlet.

⚠ See Warning No. 11 and 12 on page 1.


Keep at least 4" (10 cm) away from the wall.
Approx. 77" (195 cm)
Width approx. 30.7" (78 cm)
Approx. 13" (32 cm)
Approx. 15" (37 cm)
Mat
Area where legrest could touch the floor
Area where unit touches the floor

2 Removing everything from the box and installing the unit



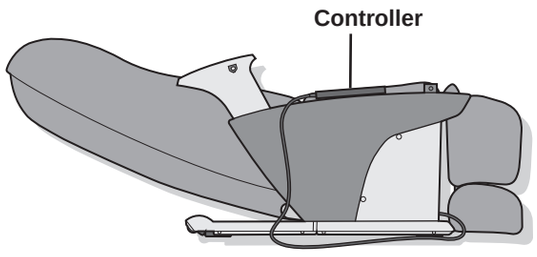
- Since the unit is very heavy [approximately 155 lbs (70 kg)], be careful to avoid back injuries. (The unit must be carried by two persons.)
- When using the wheels to move the unit, place a mat on the floor to protect the floor surface.

To put the unit down on the floor

- Put the unit down slowly and carefully watch your step.
- Put down the legrest by holding it with your hands until it has been set on the floor completely. If you release your hands before the legrest is fully extended, the legrest will forcefully return to the initial position.

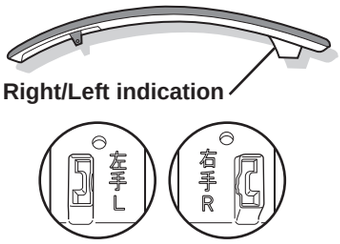
Confirm that the main unit and the accessories are in the box.

Main unit



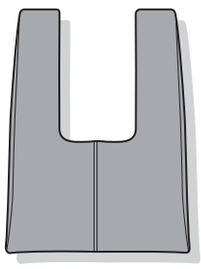
Accessories

Armrests (Right/Left)



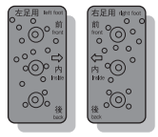
• Small holes on the inside fabric are an intentional part of the functional design.

Back Cushion



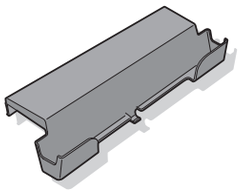
Pillow

Sole Reflexology Plates



• This is installed on the sole massage section prior to leaving the factory.

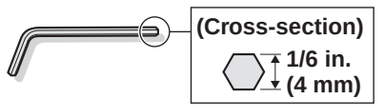
Controller Tray



Attachment Screw Cap
4 pcs.

Attachment Screws
(M6 × 16) 4 pcs.

Allen Key



Lock Switch Key

• This is initially inserted in the lock switch of the power supply box prior to leaving the factory.

Documents including the Operating Instructions
- Operating Instructions
- Child Safety Instructions (Yellow brochure)
- How to Carry in and Assemble (Yellow brochure)
- Notes for Body Scanning (Pink brochure)
- Quick Start Manual

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English

Assembly

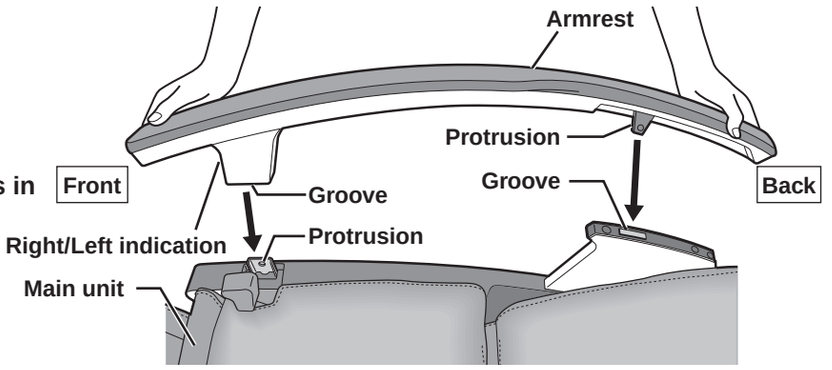
1 Attaching the armrests (On both the right and left sides)

1 Insert the armrest into the unit.

• Be careful to avoid pinching your fingers.

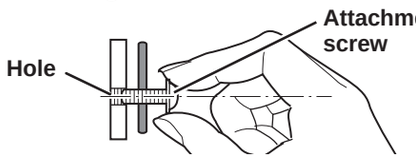
1 Align the position.

2 Fit in the grooves and protrusions in the front and back of the unit and armrest simultaneously.

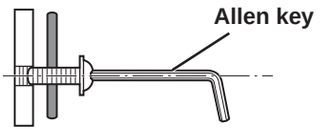


2 Fasten the armrest with the attachment screws. (4 positions)

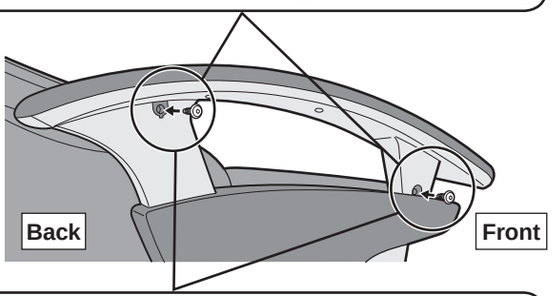
How to tighten the screws



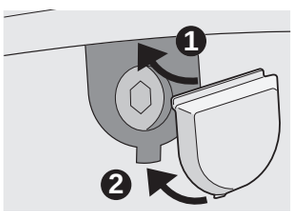
• Tighten loosely with your finger.
(Make the screws level with the holes.)



• Tighten firmly with the allen key.
• Screw may be damaged if you tighten the screw inserted into the hole crookedly.



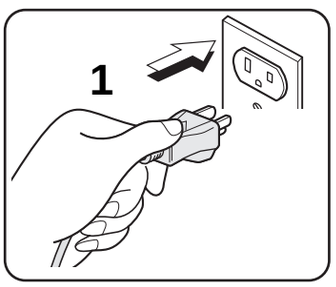
3 Mount the attachment screw caps.



Attachment Screw Cap 4 pcs.

2 Raising the backrest to the upright position

1 Insert the power plug into the power outlet.

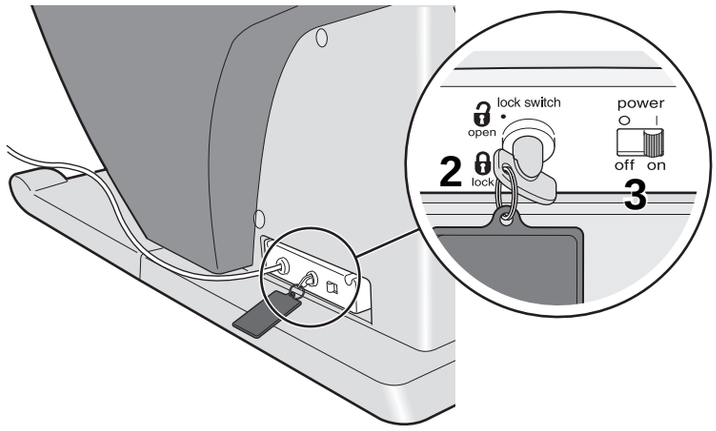


2 **Confirm the lock switch key is set to the “open” position.**

3 **Confirm the power switch is set to the “on” position.**

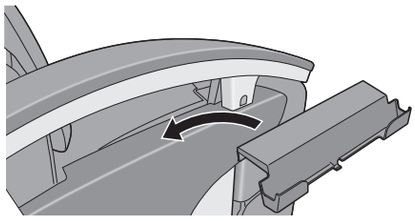
4 **Press ⏻ button on the controller twice.**

- Press once, and then press again approx. 1 second later.
  The backrest will rise to the upright position automatically.



3 Mount the controller tray on the right side

- Mount it on the left side if the right side will be next to the wall or similar.



If you want to mount the controller on the left side

1 **Press the ⏻ button on the controller to turn on the power.**

2 **Press OTTOMAN button on the controller and hold until the legrest has risen far as it will go.**

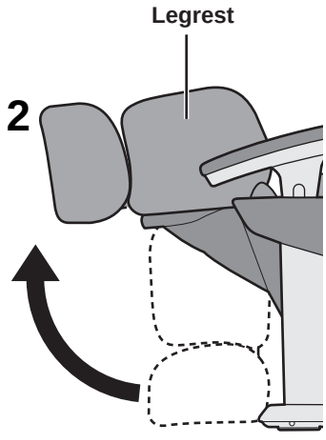
- Continue pressing until a “beep-beep-beep” sound is heard.

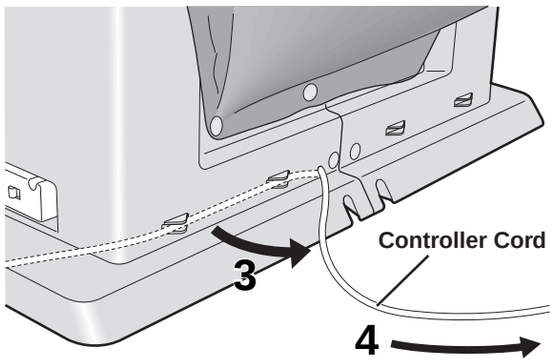
3 **Remove the controller cord from the cord-holder groove.**

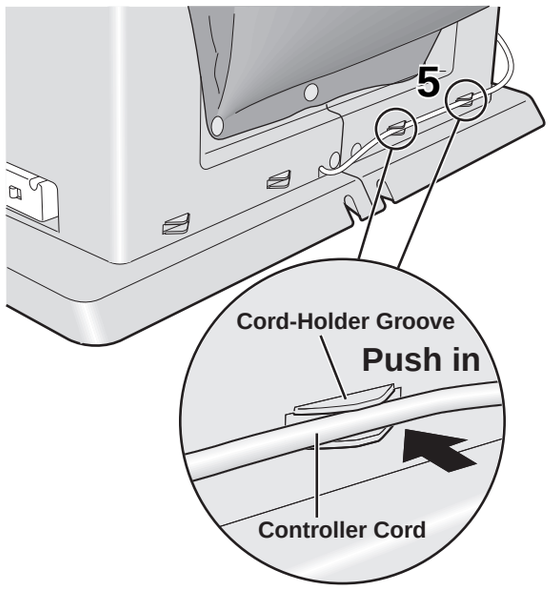
4 **Move the controller cord under the legrest to the left side.**

5 **Fasten the controller cord at 2 points in the cord-holder groove.**

- Press down from the edge if it does not fit in easily.







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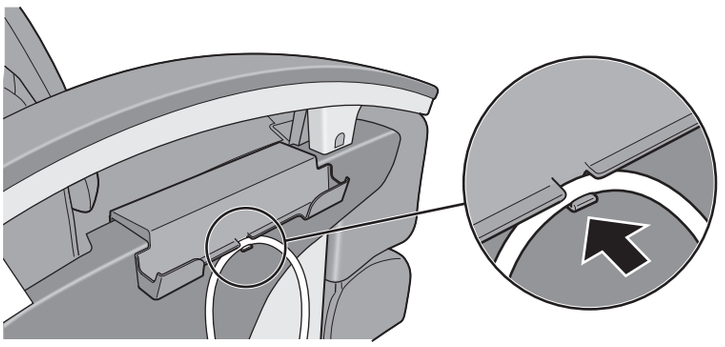
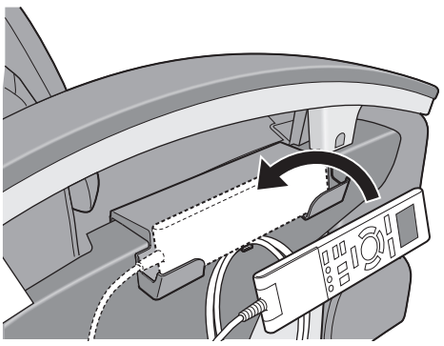
4 Attaching the controller

1 **Fasten the cord to the groove at the bottom of tray.**

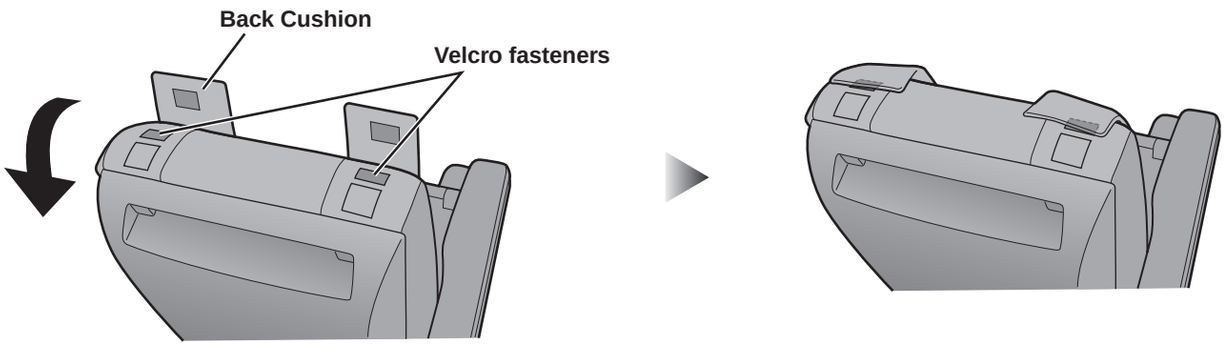


2 **Place the controller onto the controller tray.**



5 Attaching the back cushion

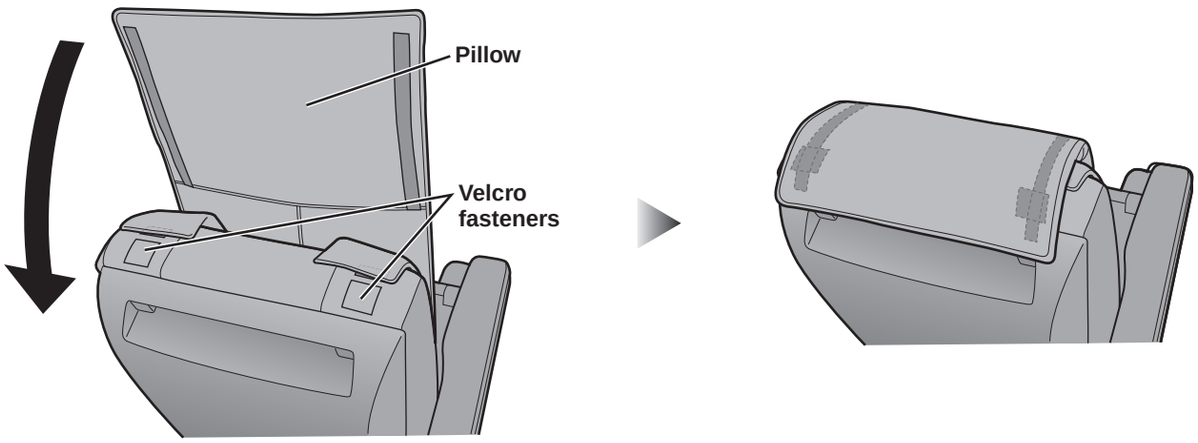
1 **Attach the back cushion to the velcro fasteners on the unit.**



6 Attaching the pillow

1 **Attach the pillow to the velcro fasteners.**

• See page 29 for a guide to the position of the pillow.



Before sitting down

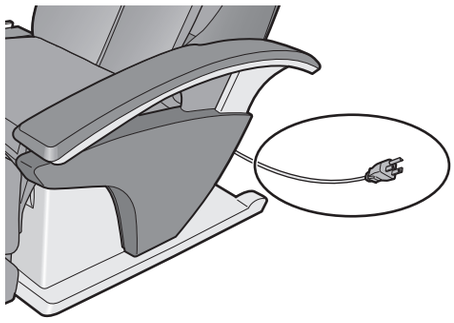
Check the following before using the unit

1 Check the surrounding area

Make sure there are no objects, people, or pets in the vicinity of the unit.

2 Check the power cord and the power plug

⚠ See Warning No. 8 on page 1.

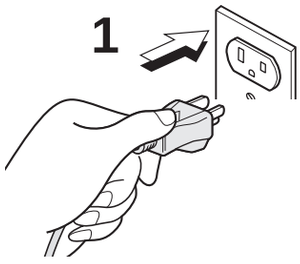


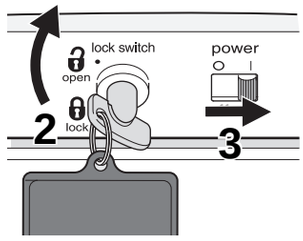
3 Switching on the power supply

1 **Insert the power plug into an electrical outlet.**

2 **Turn the lock switch key to the “open” position.**

3 **Slide the power switch to the “on” position.**

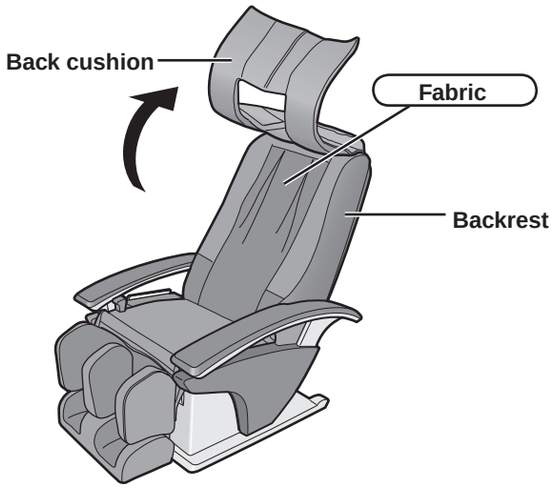




4 Check the unit

1 **Make sure there are no tears or rips in the fabric.**

⚠ See Caution No. 14 on page 3.



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2 Make sure there is no foreign matter between the unit.

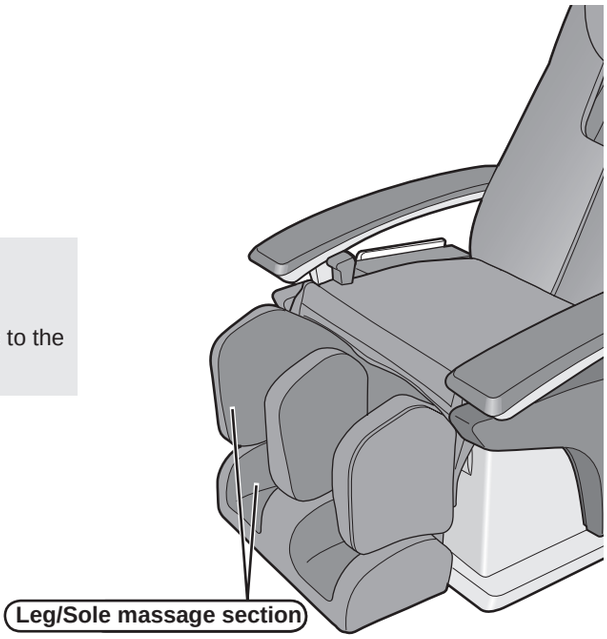
⚠ See Caution No. 15 on page 3.

3 Make sure the massage heads are in the retracted position.

When the massage heads are not in the retracted position

Press the ⏻ button twice to return the massage heads to the retracted position.

⚠ See Caution No. 3 on page 2.

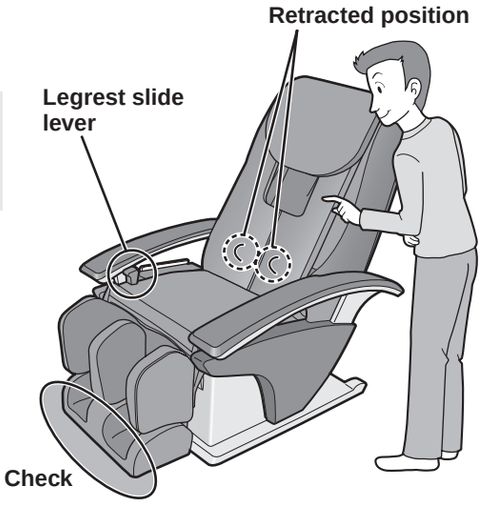


4 Make sure the legrest is in the fully lowered position.

To lower the legrest

Make sure the legrest has fully returned to the original position by pulling the legrest slide lever, and then press the ⏻ button twice.

⚠ See Caution No. 9 on page 2.



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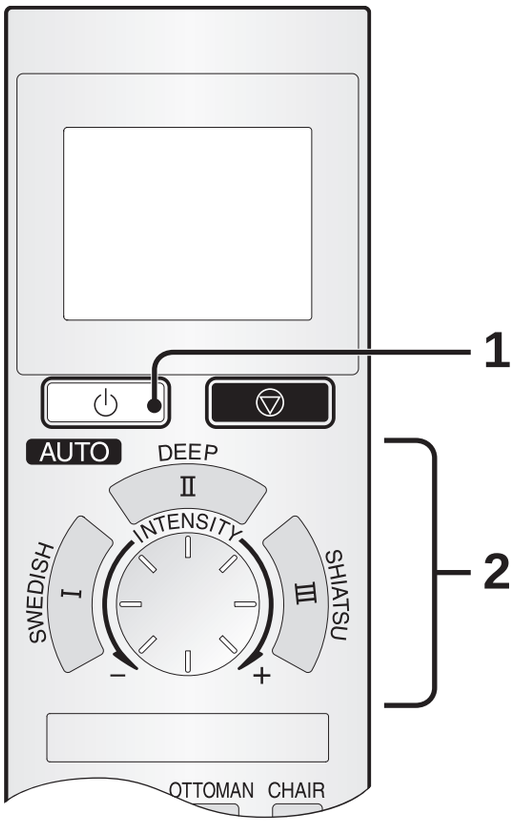
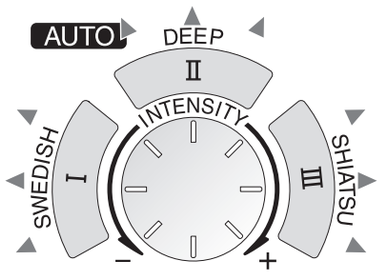
When you want a complete massage

Auto program



1 Press the ⏻ button to turn on the power.

Flash



- The power will turn off automatically if the massage does not start within 3 minutes after turning on the power.

2 Press one of the flashing buttons (SWEDISH I / DEEP II / SHIATSU III) to select the program.

Characteristics of Auto program (upper body)

SWEDISH

Uses mainly Swedish massage to gently invigorate and promote circulation. Recommended for those experiencing fatigue and weariness.

DEEP

Uses mainly kneading to manipulate and loosen muscles. Recommended for those with mild stiffness and tension.

SHIATSU

Uses mainly shiatsu massage to loosen up deep-seated knots of tension. Recommended for those with severe stiffness and tension.

• See page 19 for an overview of the respective programs.

Persons whose height is less than 55 in. (140 cm) or more than 72.8 in. (185 cm) are recommended to use the unit in the manner described below when the massage heads do not touch their shoulders.

Height is around 55 in. (140 cm) or less

Use by placing a cushion on the seat and sitting as far back as possible.

Height is around 72.8 in. (185 cm) or more

Use by reclining the backrest and sliding your body downward.

26:35 16 2009/02/14 13:26:35

1 Body scanning will commence when the program is selected.

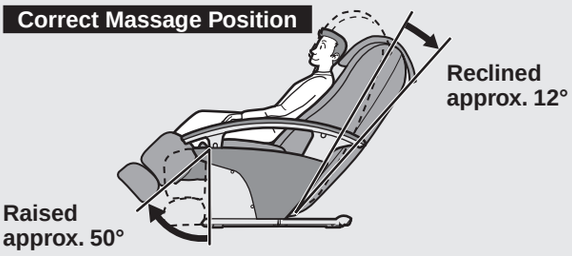
• The body scanning will properly detect height ranges between approximately 55 and 72.8 in. (140 and 185 cm).

Sit as far back in the seat as possible with your head on the pillow.

Adjust the pillow height so that the bottom edge of the pillow is at ear level. See page 29.

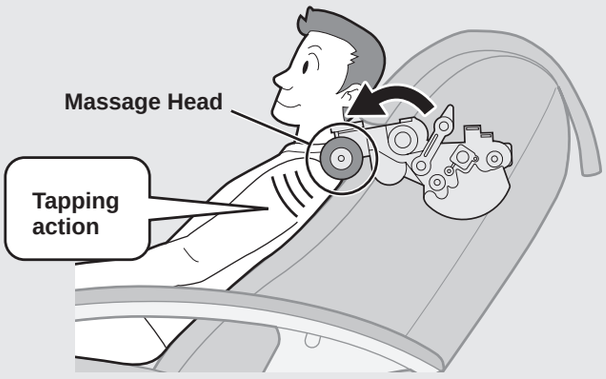
① **NECK (Neck)** ③ **MIDDLE (Back)**
② **SHOULDER (Shoulder)** ④ **LOWER (Lower back)**

The unit will automatically recline to the correct massage position.



• If the massage lounger is reclined further than the massage position angle, it will not automatically return to the correct massage position.

2 Approximately 30 seconds after the body scanning starts, the massage heads slowly lower to the shoulder position, and a soft tapping action begins to determine your shoulder position.

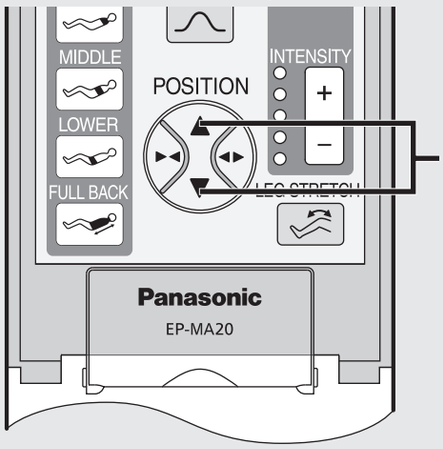


• Keep your head on the pillow until the soft tapping begins. Lifting your head from the pillow will result in incorrect determination of the shoulder position.

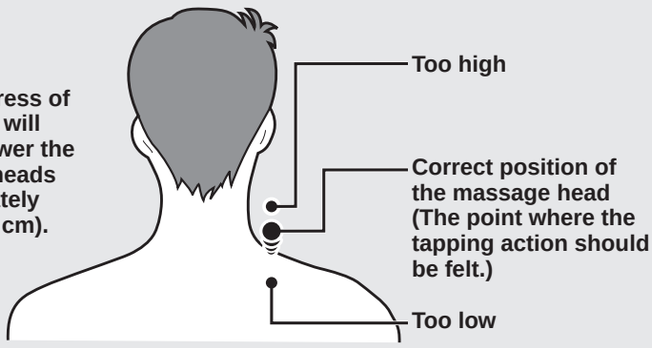
3 Confirm that the shoulder position has been correctly determined according to the position of the soft tapping.

• When the shoulder position is incorrect, adjust the shoulder position while the soft tapping is in progress (for approximately 15 seconds), and use the POSITION button to move the massage heads up or down.

<Controller cover opened>



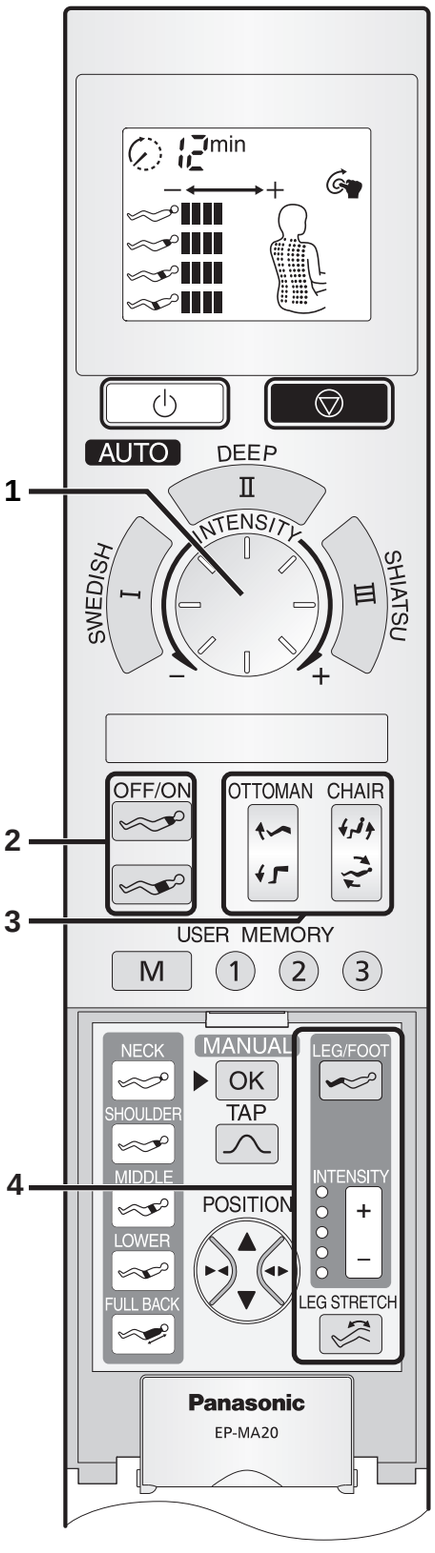
A single press of the button will raise or lower the massage heads approximately 1/2 in. (1.2 cm).



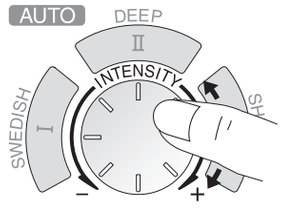
4 Body scanning is completed when the tapping finishes.

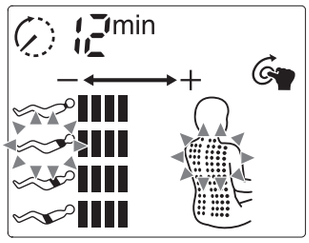
• The legrest adjusts automatically so that the soles of the feet touch the footrest wells according to your estimated height based on the shoulder position.
• If the shoulder position is off drastically, turn the power off once, and repeat from Step 1 with shoulder firmly pressed against the backrest.

To customize



1 Adjusting the intensity of massage for neck, shoulder, back, or lower back





Intensity of the massage for current position can be adjusted by turning the dial on the controller.

- For Auto program
  Intensity Sensor will function. Movement of the massage head is adjusted automatically so the pressure of the massage head pressing the body stays same even if the curve or position of the body shifts.
- Current position that is getting massaged can be checked on the display.
- Intensity is displayed in 8 steps.
- Intensity will not change further even if you keep turning the dial when the intensity is set to maximum (8 bars are displayed) or minimum (1 bar is displayed).

Caution
Intensity might increase drastically when the intensity is increased in multiple steps. Always increase the intensity one step at a time, checking how it feels. You may not feel the intensity has changed for the following reasons when it is increased by 1 step:
- When the intensity was increased right when the operation has changed.
- The feeling is different depending on the person or the position.

- For safety reasons, it is designed not to increase the intensity drastically even if the dial is turned rapidly.
- If you do not feel enough intensity even it is set to maximum, or you feel too much intensity even it is set to minimum:

<When it does not feel strong enough even the intensity for Auto program is set to maximum>
Massage heads will press on you stronger with back cushion taken off.
Start at the first level and increase gradually as the intensity will be much greater without the cushion.

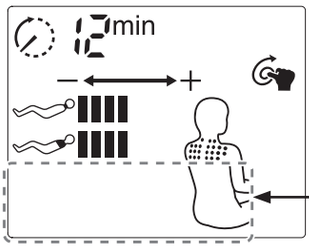
<When it feels too strong even if the intensity for Auto program is set to minimum>
Pressure of the massage heads will soften by placing a cloth or blanket between the back cushion and your body.

2 Massaging neck and shoulders only/ Massaging back and lower back only

Neck/Shoulder massage will be turned off by pressing OFF/ON **button.**

Back/Lower Back massage will be turned off by pressing **button.**

It will resume by pressing it again.
You cannot turn off both Neck/Shoulder and Back/Lower Back at the same time.

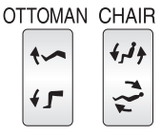


- Display for the position will be turned off when you turn off that position.
  (Display on the left shows only neck and shoulder massage)

English

3 Adjusting the reclining angle and legrest to massage in relaxing position

To adjust the reclining angle and the legrest angle:

Adjust by pressing 

button.

To adjust the length of the legrest:

Length of the legrest can be adjusted by pulling on the legrest slide lever and pushing with the soles of your feet.
[Extendable length to approx. 4.7 in. (12 cm)]

• See pages 28 to 29 for description on how to adjust the reclining angle, the legrest, and the pillow.

4 Setting the off/on of the Leg/Sole air massage, or off/on of the Leg Stretch

Open the bottom cover of the controller and:

Turning the operation Off/On can be done with the

button.
(Off: button lamp off, On: button lamp on)

Intensity of the air can be adjusted in 5 steps with the

button.

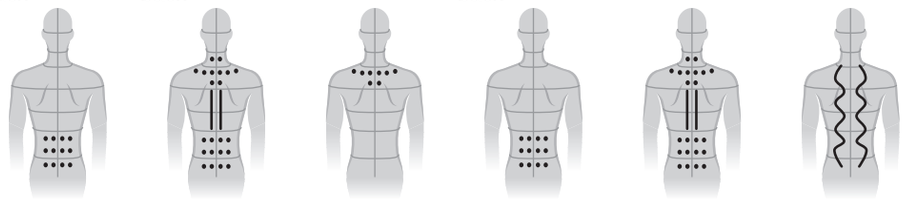
- Intensity of the Leg Stretch cannot be adjusted.
- Lamps for intensity will be off while performing the Leg Stretch.

• See pages 25 to 27 for effective method for usage and operations of the air massage and Leg Stretch.

Contents of the Auto program

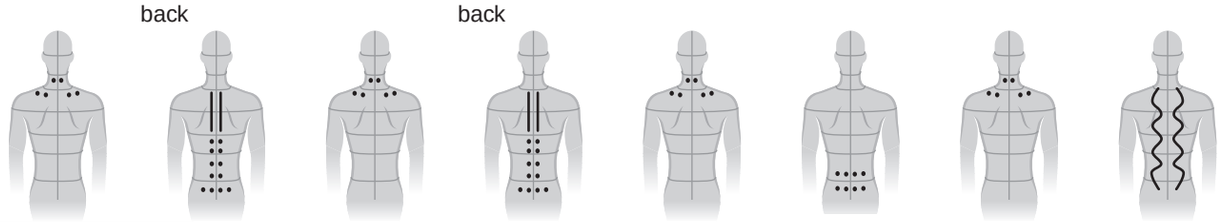
Swedish Program

1) Ultra knead/ Swedish from Back to Lower back
2) Ultra knead/ Swedish from Neck to Lower back
3) Swedish on Neck/Shoulder
4) Ultra knead/ Swedish on Back/Lower back
5) Swedish from Neck to Lower back
6) Finishing Touches



Deep Program

1) Ultra knead/ Kneading of Neck/Shoulder
2) Ultra knead/ Kneading of Back/Lower back
3) Ultra knead/ Kneading of Neck/Shoulder
4) Ultra knead/ Kneading of Back/Lower back
5) Ultra knead/ Kneading of Neck/Shoulder
6) Ultra knead/ Kneading of Lower back
7) Ultra knead/ Kneading of Shoulder
8) Finishing Touches

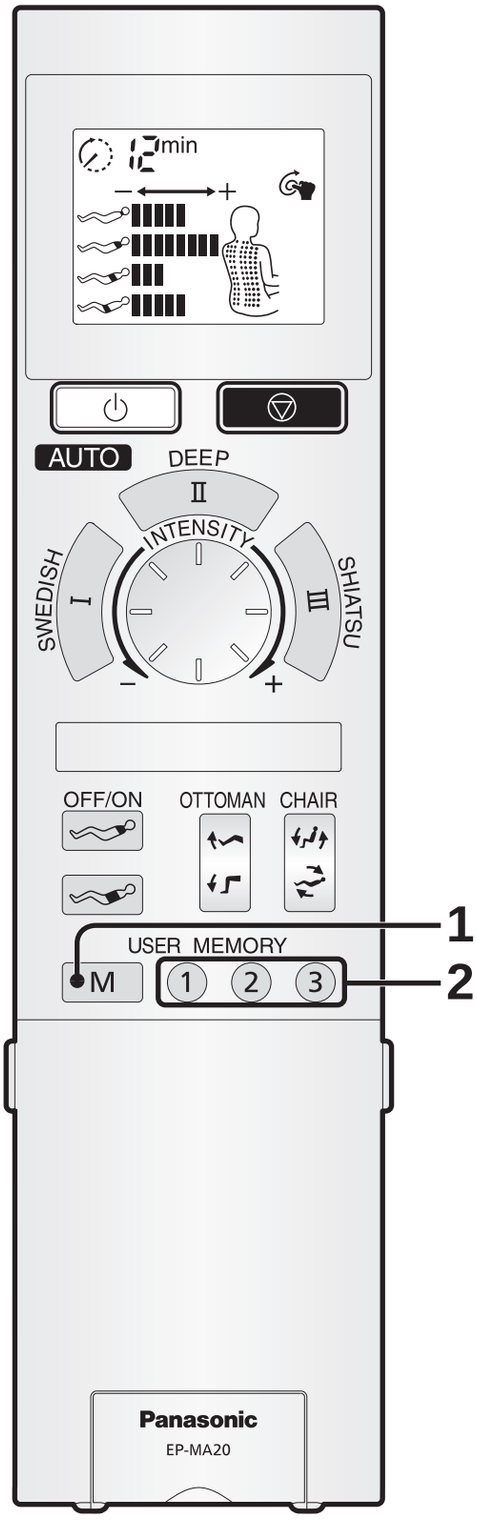


Shiatsu Program

1) Ultra knead/ Shiatsu on Neck/Shoulder
2) Ultra knead/ Shiatsu on Back/Lower back
3) Ultra knead/ Shiatsu on Neck/Shoulder
4) Ultra knead/ Shiatsu on Back/Lower back
5) Ultra knead/ Shiatsu on Neck/Shoulder
6) Kneading of Back/Lower back
7) Finishing Touches

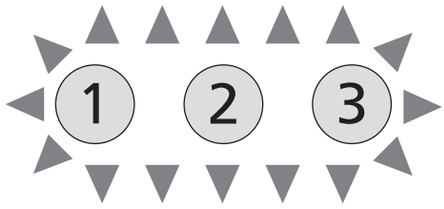
When you want to register the Auto program with intensity of massage adjusted to your preference

User Memory Program



1 Press the M button while massaging.

Flash



2 Press the button you want to register from 1, 2, or 3.

Settings that can be registered
- Intensity for each position
- Off/on of the Neck/Shoulder and Back/Lower back
- Off/on and the intensity of the air massage
- Off/on of the Leg Stretch

* Setting at the point when 1, 2, or 3 is pressed will be registered.

- Beware that the contents registered will not be saved when the power switch is turned off or the power cord is unplugged while the massage is in progress.

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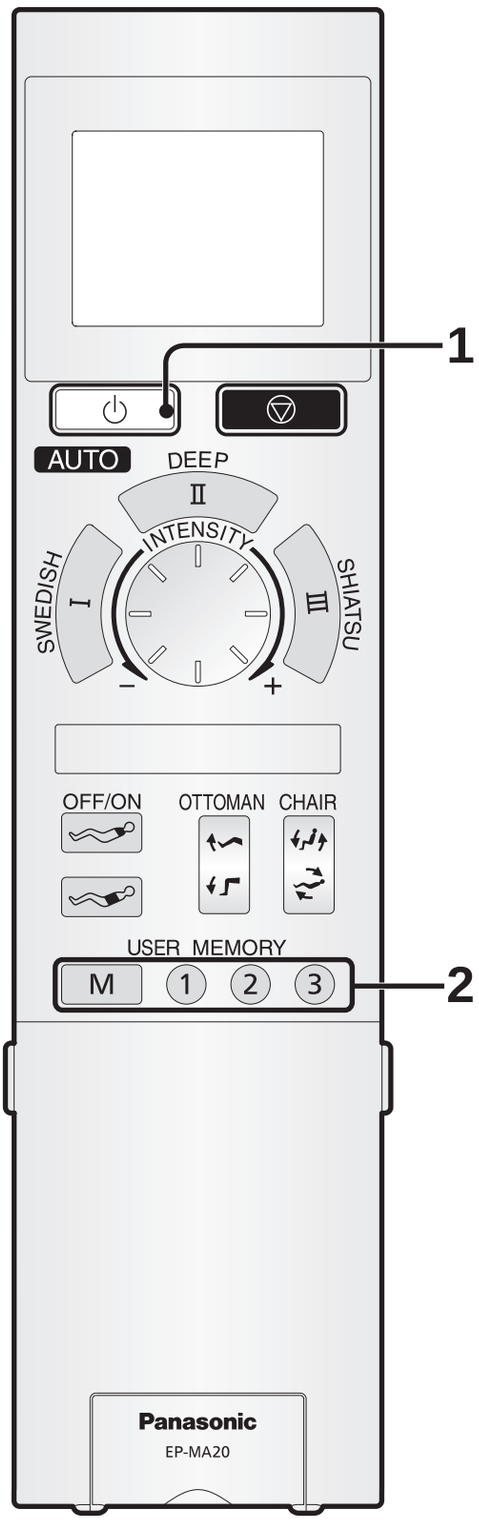
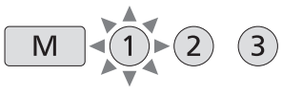
To start the registered program



1 Press the ⏻ button to turn on the power.

The registered button will flash.



2 Select your favorite program.

Massage for the registered program will start after the body scanning.

To change and overwrite the registered settings

Press M button.

To delete the registered settings

1 Press the ⏻ button to turn on the power.

The registered button will flash.

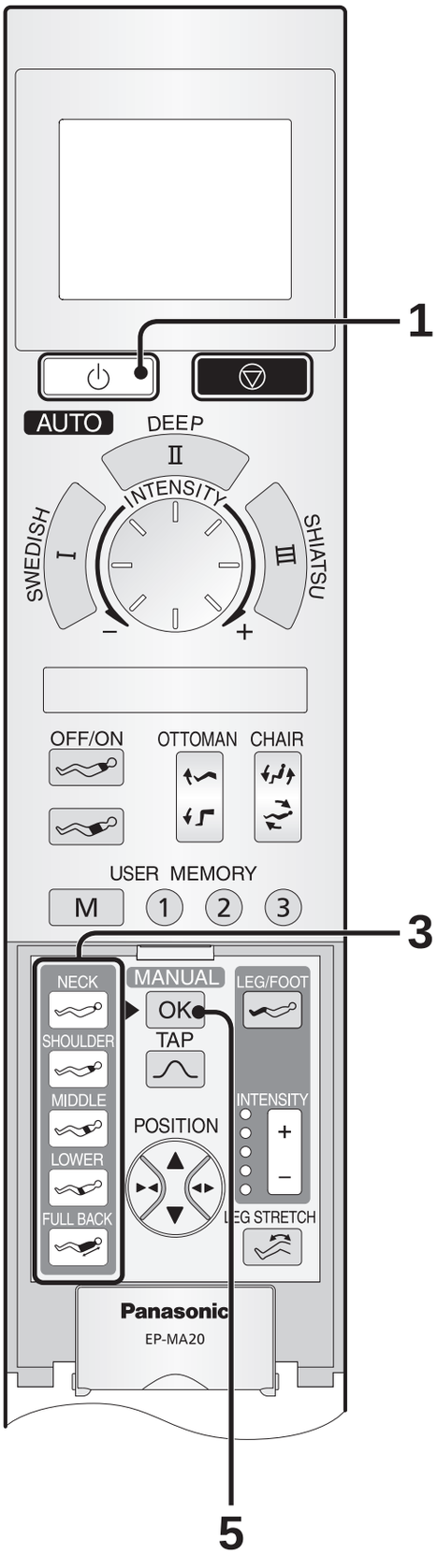
2 Press the button you want to delete for more than 3 seconds.

3 Press again if only the pressed button changes to flashing.

Delete is completed once the flashing stops.

When you want a concentrated massage of a particular body part with a specific massage mode, such as “Kneading on the Neck” or “Tapping on the Shoulder”

Manual Operation



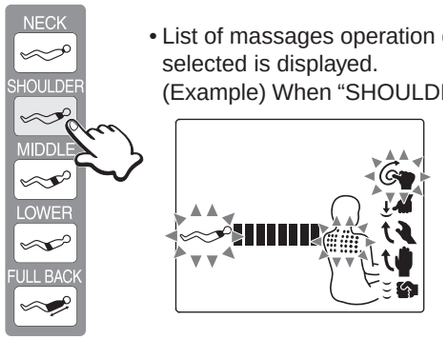
1 Press the ⏻ button to turn on the power.

- The power will turn off automatically if the massage does not start within 3 minutes after turning on the power.

2 Open the cover.

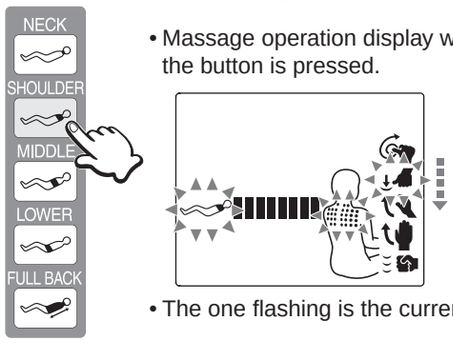
3 Select the part of body you want to massage (NECK SHOULDER MIDDLE LOWER FULL BACK).

- You can select an action combined with “FULL ROLL” by pressing the FULL BACK button.



- List of massages operation display that can be selected is displayed.
  (Example) When “SHOULDER” is selected

4 Select the massage operation you prefer.



- Massage operation display will change every time the button is pressed.
- The one flashing is the currently selected operation.

5 Press the OK button to start the action.

- The massage heads will move to selected position automatically to start the massage after the body scanning is completed.

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Body scanning for Manual Operation

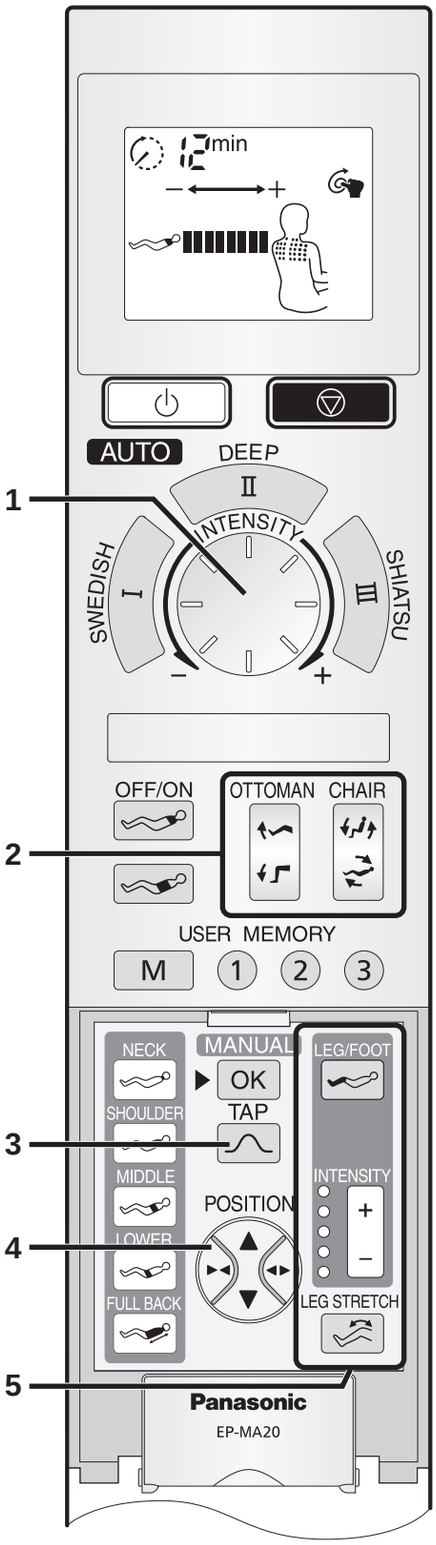
Neck/Shoulder/Full roll... Normal body scanning.
Back/Lower back ..... Simple body scanning. (The massage heads will not come up to the shoulder position.)

To change an action in the middle of a massage

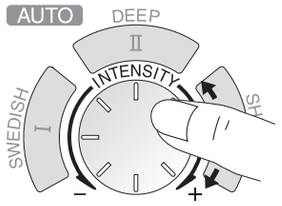
Select your favorite one again in Steps 3 to 5.

• Press the OK button within approximately 30 seconds after reselecting an action in Step 3, otherwise the reselection will be cancelled automatically.

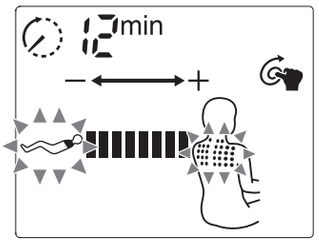
To customize



1 Adjusting the intensity of the massage



Intensity of the massage can be adjusted by turning the dial on the controller.



- For Manual Operation
  Intensity Sensor is turned off.
  (See page 18 about the Intensity Sensor for Auto Program.)
- Intensity is displayed in 8 steps.
- Intensity will not change further even if you keep turning the dial when the intensity is set to maximum (8 bars are displayed) or minimum (1 bar is displayed).

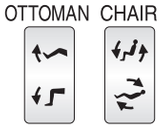
Caution
Intensity might increase drastically when the intensity is increased in multiple steps. Always increase the intensity one step at a time, checking how it feels.

- For safety reasons, it is designed not to increase the intensity drastically even if the dial is turned rapidly.
- If you do not feel enough intensity even it is set to maximum, or you feel too much intensity even it is set to minimum:
  <When it does not feel strong enough even the intensity for Manual operation is set to maximum>
  Massage heads will press on you stronger with back cushion taken off.
  Start at the first level and increase gradually as the intensity will be much greater without the cushion.
  <When it feels too strong even if the intensity for Manual operation is set to minimum>
  Pressure of the massage heads will soften by placing a cloth or blanket between the back cushion and your body.

2 Adjusting the reclining angle and legrest to massage in relaxing position

To adjust the reclining angle and the legrest angle:

Adjust by pressing



button.

To adjust the length of the legrest:

Length of the legrest can be adjusted by pulling on the legrest slide lever and pushing with the soles of your feet.
[Extendable length to approx. 4.7 in. (12 cm)]

• See pages 28 to 29 for description on how to adjust the reclining angle, the legrest, and the pillow.

3 Adding tapping actions to the current operation

Press the TAP **button.**

• Select with steps 3 to 5 on page 22 if you only want the tapping actions to be performed.

4 Fine adjustment of the position

It can be adjusted with the POSITION **button.**

5 Using Leg/Sole air massage and/or Leg Stretch together

Turning the operation Off/On can be done with the LEG STRETCH **button.**
(Off: button lamp off, On: button lamp on)

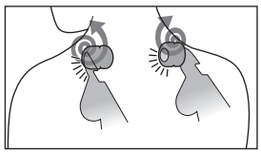
• Intensity of the Leg Stretch cannot be adjusted.
• Lamps for intensity will be off while performing the Leg Stretch.

Intensity of the air can be adjusted in 5 steps with the INTENSITY + – **button.**

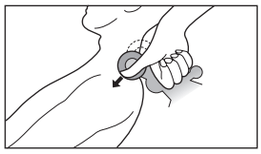
• See pages 25 to 27 for effective method for usage and operations of the air massage and Leg Stretch.

Details regarding the manual operation (The figures are images of the respective operations.)

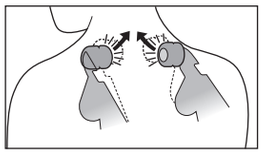
ULTRA KNEAD
Kneading action at small points.



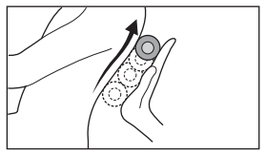
SHIATSU
Action compressing muscle knots vertically.



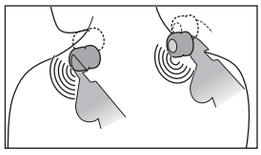
KNEAD
Deep kneading action.



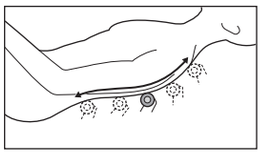
SWEDISH
Action of rubbing gently across a wide area.



TAP
Tapping action for right and left alternately.



FULL ROLL
Action stretching the body along the backbone.



• The respective actions are suitable for specific body parts. Actions of Shiatsu for the “NECK” are different from of the actions for the “SHOULDER.”

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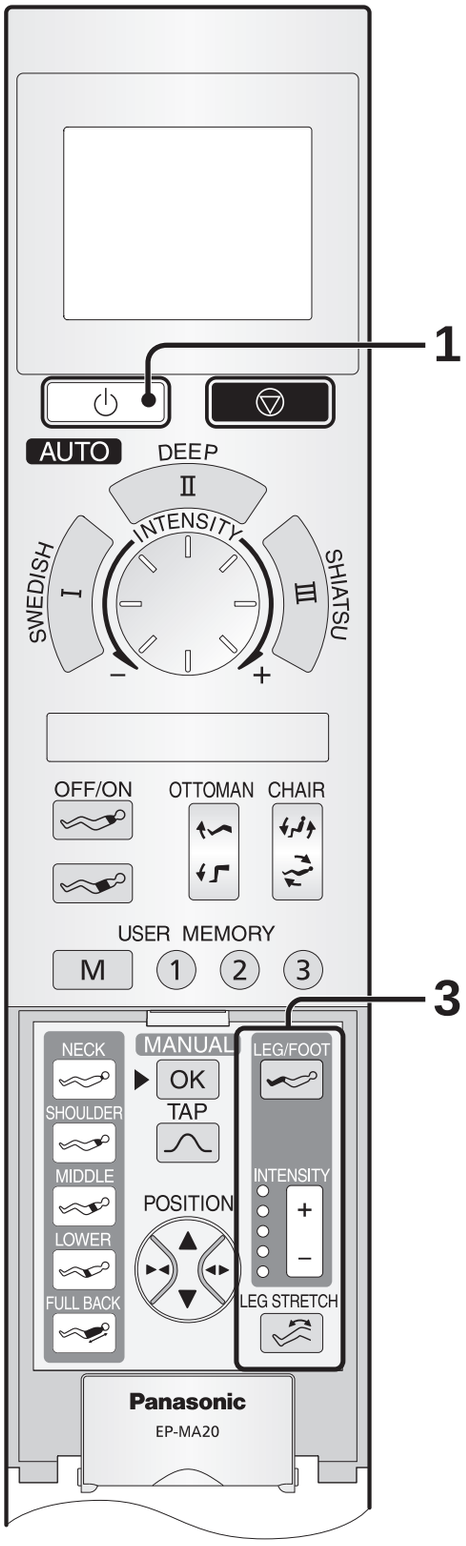
When you want to perform Leg/Sole air massage and/or Leg Stretch

Air Massage



1 Press the ⏻ button to turn on the power.

- The power will turn off automatically if the massage does not start within 3 minutes after turning on the power.

2 Open the cover.

3 Select the operation with LEG/FOOT and/or LEG STRETCH buttons.

(Off: button lamp off, On: button lamp on)

Intensity of the air can be adjusted in 5 steps with

button.

- Intensity of the Leg Stretch cannot be adjusted.
- Lamps for intensity will be off while performing the Leg Stretch.

• See pages 26 to 27 for effective method for usage and operations of the air massage and Leg Stretch.

Effective method for using the leg/sole massage

• See page 27 for details about the operations of the Leg/Sole massage.

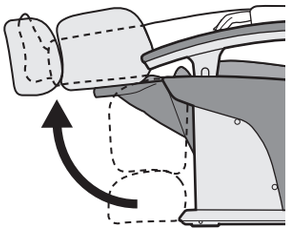
Adjust the legrest so that your sole fits on it completely.

For a person with small body dimensions

• If the legrest is raised, it is easier to fit your sole on it.

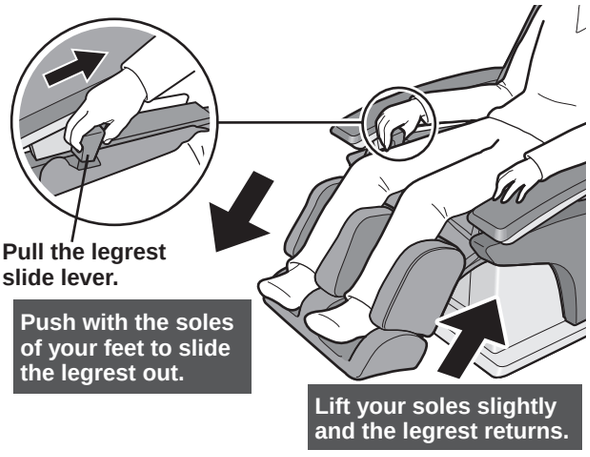
Press the

button.



For a person with large body dimensions

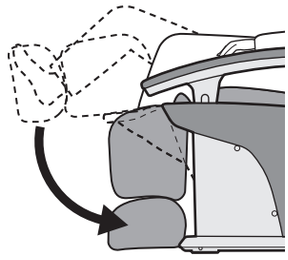
• Knees will not be lifted as much if you adjust the length of the legrest.


Pull the legrest slide lever.
Push with the soles of your feet to slide the legrest out.
Lift your soles slightly and the legrest returns.

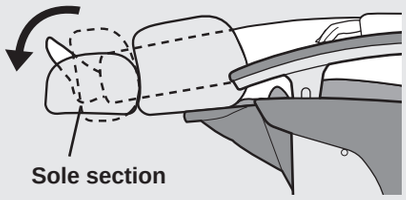
• Knees will not be lifted as much also by lowering the legrest.

Press the

button.

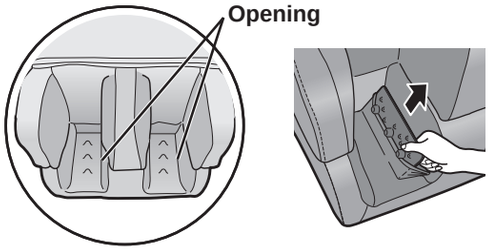


It is possible to massage your leg completely by laying the sole section flat.



For the sole reflexology plate

The plate is removable.

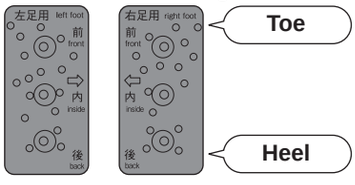


To insert the plate

Each plate is different slightly. Be sure to follow the pictures below to insert correctly.

For the left foot **For the right foot**

Projections are on the upper side.

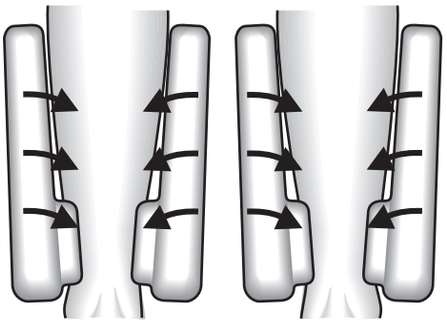


Operations of the Leg/Sole massage and Leg Stretch

Operation of the Leg/Sole massage

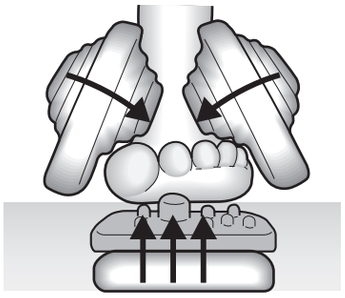
Leg

Calves will be compressed by pressure from both sides.



Sole

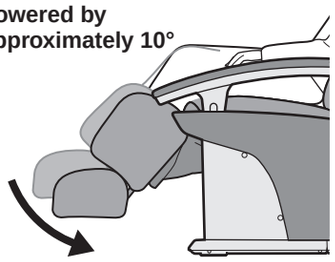
Foot will be compressed from side and bottom using the air.



Operations of the Leg Stretch

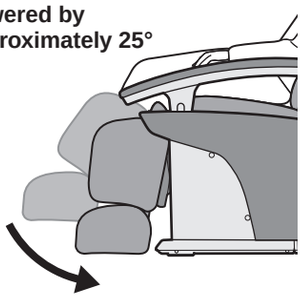
1 **After grasping the legs with air, the legs are stretched as the legrest is lowered approximately 10 degrees from the massage position.**

Lowered by approximately 10°

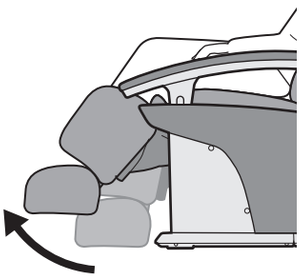


2 **Once the legrest returns to the original angle, the legrest is then lowered approximately 25 degrees to stretch the legs further.**
While using the unit with it's legrest slide extended, legrest can hit the floor.

Lowered by approximately 25°



3 **When the operation is complete, the legrest will return to the angle at the time before the operation.**



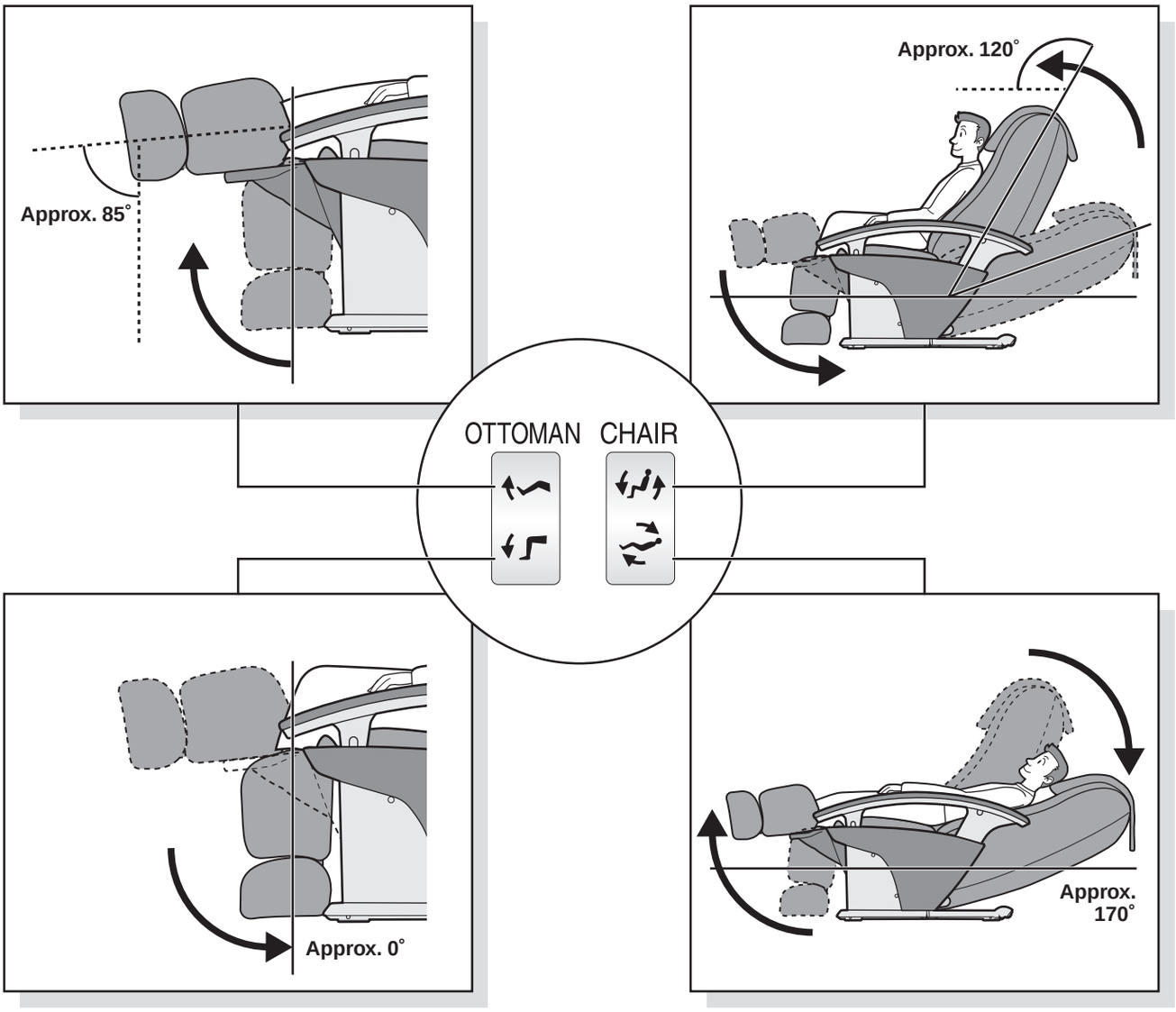
When you want to adjust the reclining angle, legrest, and/or pillow

Adjusting the reclining angle and the angle of the legrest

1 Press the ⏻ button to turn on the power.

2 Press the OTTOMAN ↑↓ or CHAIR ↑↓ button to adjust the angle.

- Movement will continue until a “beep-beep-beep” sound is heard if the buttons are held down.
- The movement of the legrest may be delayed slightly.



- Do not raise or lower the backrest and/or legrest repeatedly for any purpose other than adjusting to your preferred positions.

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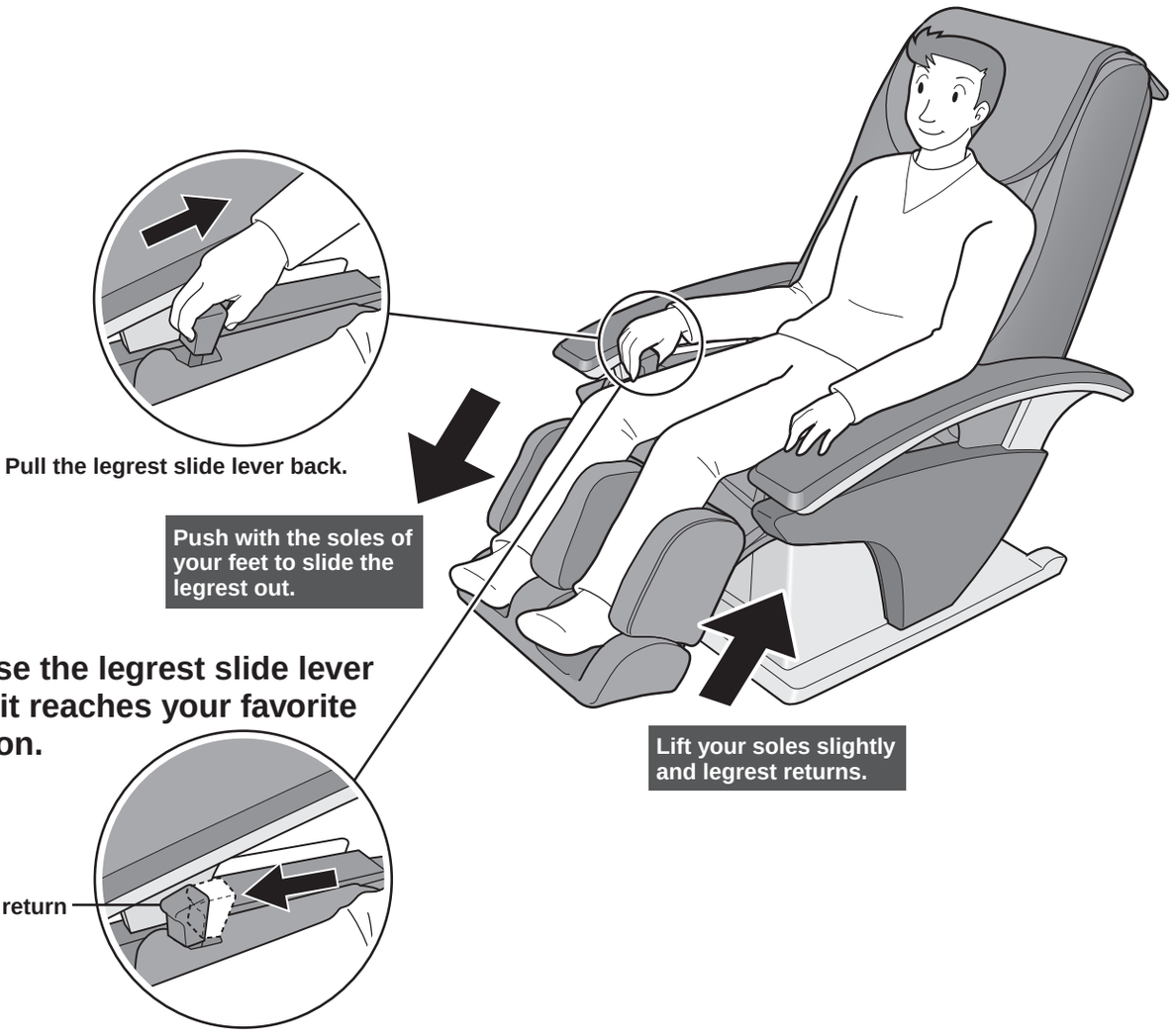
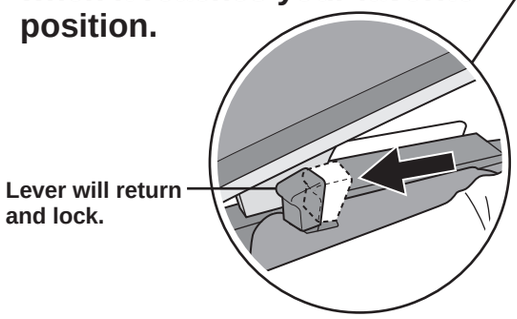
Sliding the legrest

1 Slide the legrest to your favorite position by pulling the legrest slide lever.
[The legrest will slide approximately 4.7 in. (12 cm).]

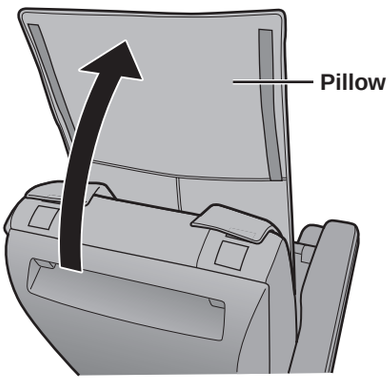

Pull the legrest slide lever back.
Push with the soles of your feet to slide the legrest out.
Lift your soles slightly and legrest returns.

2 Release the legrest slide lever when it reaches your favorite position.



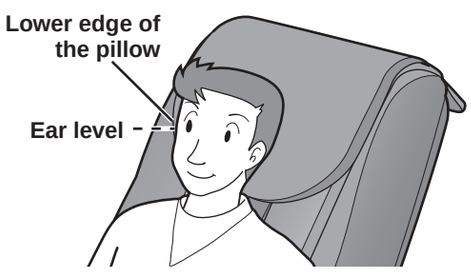
Adjusting the pillow for correct height during a massage

1 Remove the pillow.

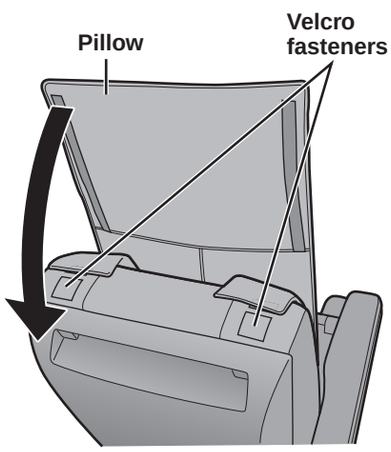


2 Adjust the height of the pillow so that the bottom edge is at ear level.

- If positioned too low, the pillow may interfere with a massage of the area around the neck.
- When the reclining angle changes, the position of the pillow may shift. In that case, adjust the position again.



3 Attach the pillow on the velcro fasteners.

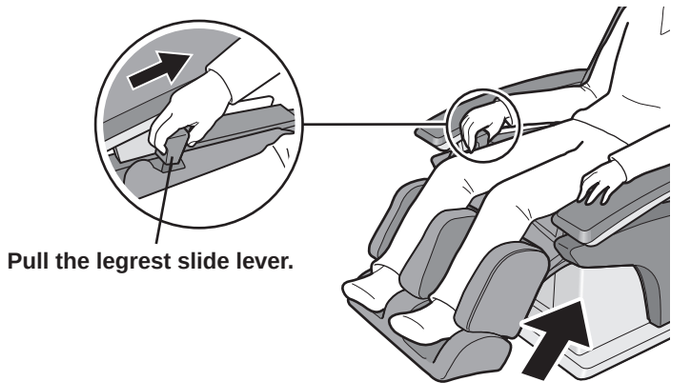


After completing the massage

Interrupting the massage

Return the legrest to the original position and then press the ⏻ button.

- The massage heads move to the retracted position.
- The legrest lowers and the backrest raises automatically. (The backrest will move after the massage heads retract.)



Pull the legrest slide lever.

Lift your soles slightly and legrest returns.

Timer function

The massage will complete automatically approximately 15 minutes after the start of operations.

- Sole section will retract, and the legrest will be lowered automatically so you can stand up safely.

Sole section will not retract all the way when the legrest is extended out, since the sole section will hit the floor.
Pull the legrest slide lever and raise your legs to retract all the way.

- Backrest will not rise automatically.
  Backrest will rise by pressing ⏻ button twice.

If you experience any problems

Press the ▽ button.

- All operations will stop immediately.
- Get off the unit carefully to prevent the unit from tipping over.

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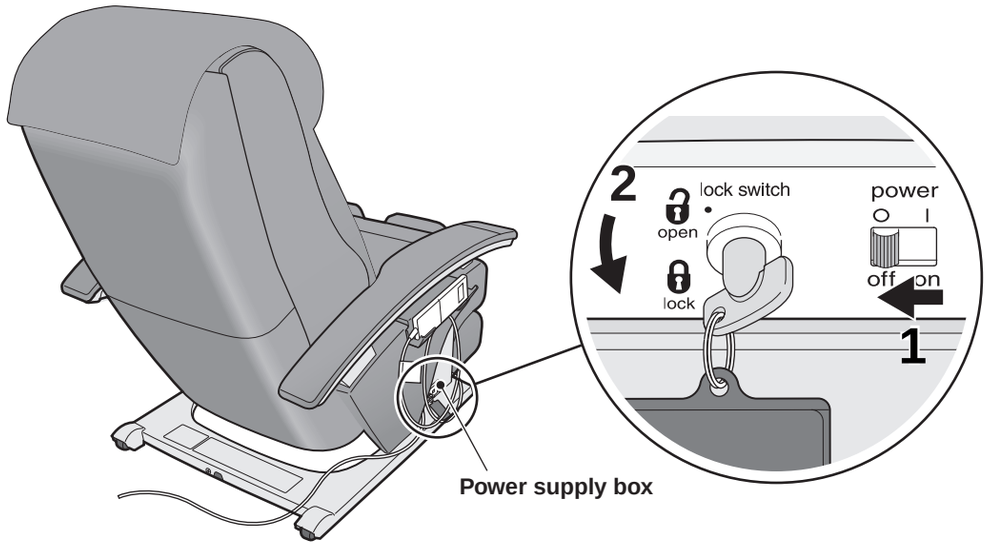
Disconnecting the power

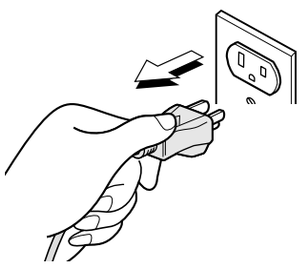
⚠ See Danger No. 1 on page 1, Caution No. 2 on page 2, and No. 10 on page 3.

1 **Slide the power switch to the “off” position.**

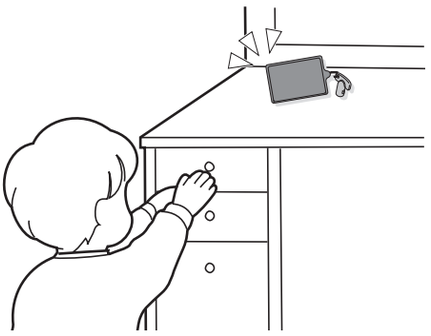
2 **Turn the lock switch key to the “lock” position.**



3 **Remove the power plug from the electrical outlet.**



4 **The lock switch key must be stored out of the reach of children.**



Cleaning and Maintenance

⚠ See Danger No. 1 on page 1.

Areas covered with synthetic leather

Wipe these areas with a soft, dry cloth.

- When using the commercially available leather-care products (wipes), follow its instructions.
- If the synthetic leather is particularly dirty, wipe it in the following manner.
  1. Soak a soft cloth in water or a 3% to 5% solution of mild detergent and wring it out thoroughly.
  2. Dab the surface with the moistened cloth.
  3. Rinse the cloth in water, wring it out thoroughly, and then wipe any remaining detergent from the surface.
  4. Wipe the surfaces with a soft, dry cloth.
  5. Allow to dry naturally.
- If it is difficult to remove dirt, soak a commercially available Melamine foam sponge in mild detergent and wipe the unit with it.
- Do not use a hair dryer to dry the surface more quickly.
- Since colors may transfer from clothing to the synthetic leather surface, be careful when using the unit with clothing such as jeans or colored clothes.
- Do not allow these areas to come in contact with plastic for extended periods of time as this may lead to discoloration.
- Never use chemicals such as thinner, benzine, alcohol, etc.

Plastic Area

1 Wipe the unit with a cloth moistened with mild detergent and thoroughly wrung out.
- Never use chemicals such as thinner, benzine, alcohol, etc.

2 Wipe the unit with a cloth moistened with plain water and thoroughly wrung out.
- Make sure to wring tightly before wiping the controller.

3 Allow the unit to dry naturally.

Seat Fabric

1 Wipe the unit with a cloth moistened with mild detergent and thoroughly wrung out.
- Never use chemicals such as thinner, benzine, alcohol, etc.

2 Use water or a mild detergent and brush on areas where the seat fabric is particularly soiled.
- Be careful not to brush the fabric too much to avoid damage.

3 Wipe the unit with a cloth moistened with plain water and thoroughly wrung out.

4 Allow the unit to dry naturally.

26:49 32 2009/02/14 13:26:49

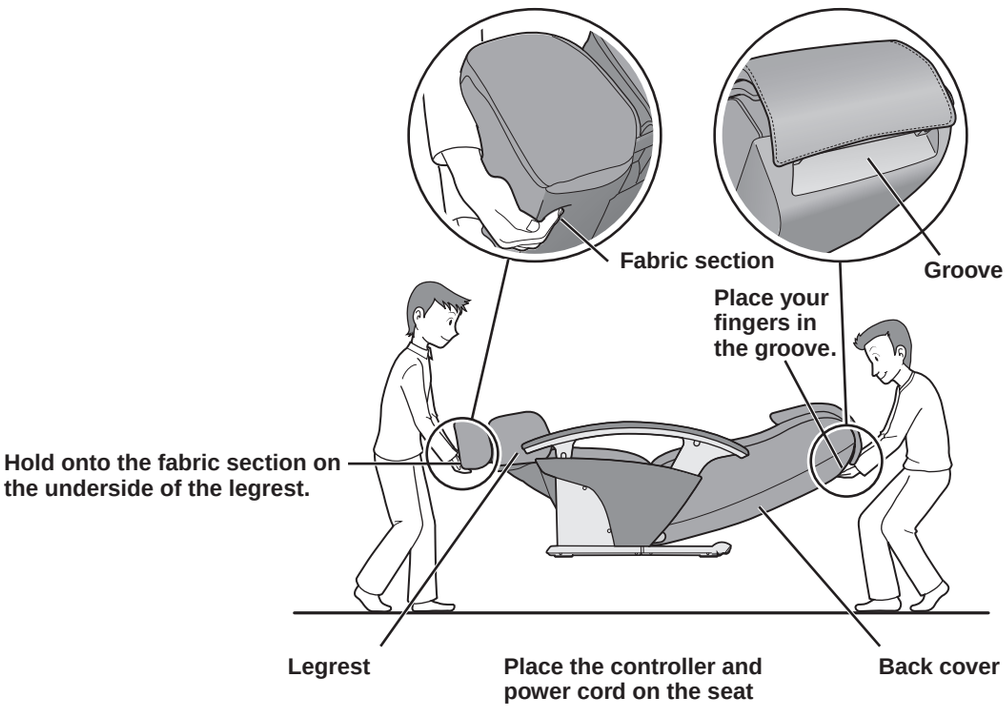
Moving the Unit

⚠ See Caution No. 16 on page 3.

- When moving the unit, lift it with 2 persons, or move it with the wheels after placing a mat or something on the floor, so the floor will not be scratched.
  You may damage the floor by dragging or pushing the unit while it is still in a state of installment.

Moving by lifting it with 2 persons

Move the unit by having one person firmly hold onto the fabric section on the underside of the legrest and another person use the groove on the back cover of the backrest.


Fabric section
Groove
Place your fingers in the groove.
Hold onto the fabric section on the underside of the legrest.
Legrest
Place the controller and power cord on the seat
Back cover

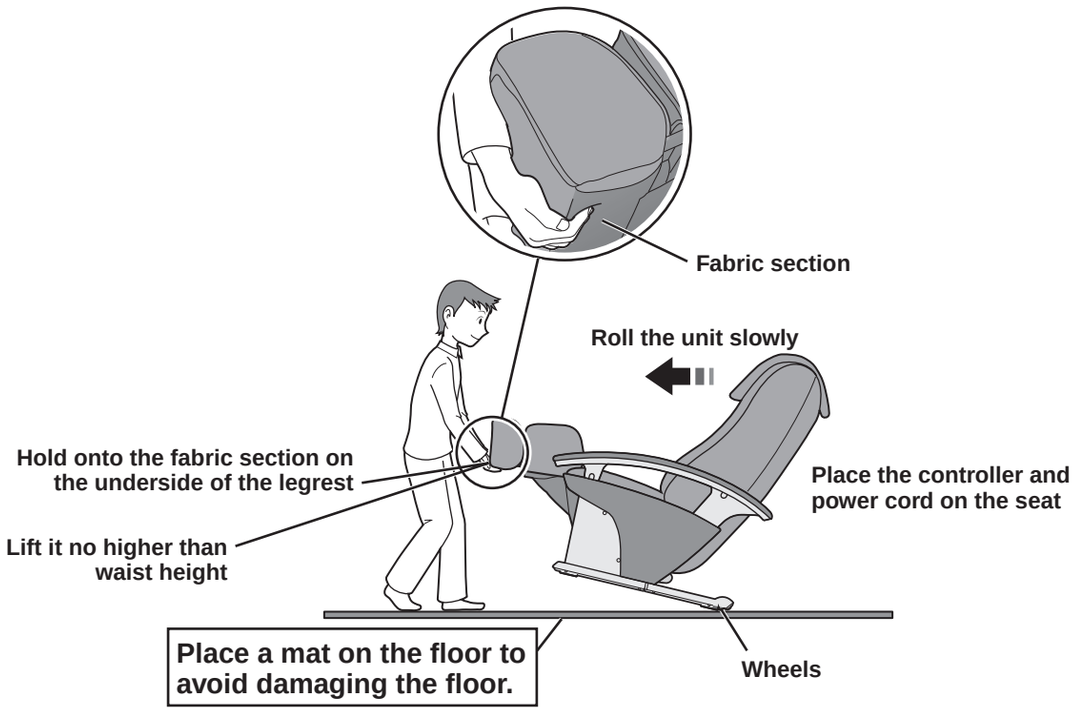
* You may damage the floor by dropping the unit if you do not hold it correctly.
  Never carry by the armrest, because it may get damaged.

To put the unit down on the floor

- Put the unit down slowly and carefully watch your step.
- Put down the legrest by holding it with your hands until it has been set on the floor completely. If you release your hands before the legrest is fully extended, the legrest will forcefully return to the initial position.

Using the wheels to move the unit

Move the unit by holding onto the fabric section on the underside of the legrest and using the wheels.

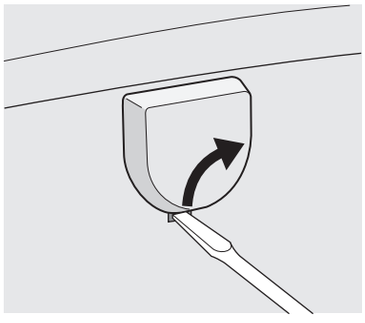

Fabric section
Roll the unit slowly
Hold onto the fabric section on the underside of the legrest
Lift it no higher than waist height
Place the controller and power cord on the seat
Place a mat on the floor to avoid damaging the floor.
Wheels

To put the unit down on the floor
- Put the unit down slowly and carefully watch your step.
- Put down the legrest by holding it with your hands until it has been set on the floor completely. If you release your hands before the legrest is fully extended, the legrest will forcefully return to the initial position.

How to remove the armrest

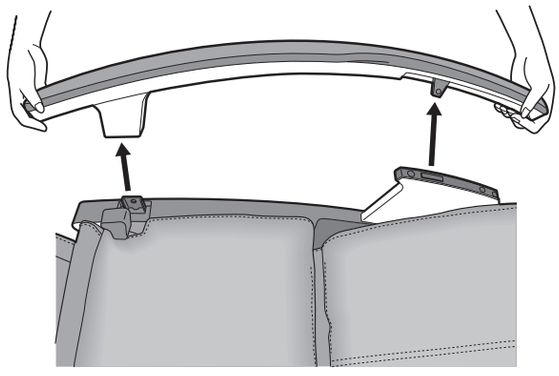
It is easier to move with the armrest removed.

1 Remove the attachment screw caps.
- Insert a flat-head screwdriver into the tab and push it up.



2 Remove the attachment screws.
(See Step 1-2 on page 11.)

3 Pull out the armrest upwards with both hands.



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English

Error display

Contents of the error will be displayed in the remaining time display area when an error occurs during the operation.

<Example of error display>
• For the error “U10”
U and 10 will flash alternately.

Error display	Contents
U 10	For safety reasons, operation will terminate automatically when it cannot detect if someone is seated. If this error occurs even if you are seated, sit back all the way to the backrest, and operate from the start again.
F 11 F 12	Operation is terminated because there is a problem with internal communication.
F 13 F30 F31 F32 F33	Operation is terminated because there is a problem with the massage mechanism.
F 14 F 15 F 16 F 17 F34 F35	Operation except for the massage mechanism is terminated because there is a problem with the reclining mechanism or the raise/lowering mechanism of the legrest.

*** Please contact an authorized service center.**
Service and maintenance will be easier if the error number is communicated when contacting.

Trouble Shooting

Problem
▶ **Cause and Remedy**
Motor Noises • It sounds and feels like the massage heads are straining to get over wrinkles in the cloth. • There is operational noise of kneading or tapping actions. • There is a creaking noise when the massage heads are in operation. • There is a rattling sound when the massage heads move up or down. • The belt can be heard rotating. • The motor groans when it comes under load. • There is a strange sound when the massage heads move in and out. • There is a noise when I sit down. • There is a noise when the back cushion moves over the armrest when the seat is reclining. • There is a rubbing sound produced by the massage heads rubbing on the seat fabric. • There is a noise of discharging air. • The legrest rattles. • There is a humming sound from the pump. • There is operational noise of valves under the seat. • There is an unstable sound when air escapes during the leg stretch.
▶ These sounds are perfectly normal and will not have any effect on the operation of the unit.

Problem
▶ **Cause and Remedy**
The massage heads stop during operation. **(All the displays and buttons on the controller will flash and then turn off.)**
▶ If excessive force is applied to the massage heads during operation, in the interests of safety the massage heads may stop moving. If all markings and buttons on the controller start to flash, which is extremely unusual, turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again. If the massage heads stop again, position yourself so that your back is not completely in contact with the backrest. [Caution should be exercised particularly when used by persons weighing 221 lbs (100 kg) or more.]
It is not possible to recline the unit. **The legrest cannot be raised or lowered.** **(All the displays and buttons on the controller will flash and then turn off.)**
▶ If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop. When all displays and buttons are flashing and the backrest or the legrest has stopped, turn off the power of the unit once, turn “on” the power again after approximately 10 seconds, and then operate the unit.
The massage heads do not come up to the shoulder or neck.
▶ If your head does not contact the pillow or your back does not contact the backrest, the shoulder position may be detected as lower than the actual position during the body scanning. Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start. (See page 17)
The height of the left and right massage heads is different.
▶ An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit.
Reclining does not take place even though a massage is started in pre-programs. **(The seat does not automatically recline.)**
▶ Automatic reclining will not activate when the backrest is reclined to flat position more than massage position and legrest is in upper position.
The backrest does not return to the upright position.
▶ If the unit is stopped by automatic shut-off or by pressing the ⏻ button, it will not return automatically. (To return from the reclined position to the original position, press the ⏻ button twice.)
The unit will not operate at all. • Upper body (neck to lower back) massage • Leg/Sole massage
▶ • The power cord has been disconnected. (See page 14) • The power switch on the unit has not been turned on. • An Auto program button or Manual Operation button hasn’t been pressed after pressing ⏻.
Sometimes the power won’t turn on when ⏻ is pressed again when a massage has finished.
▶ Approximately 5 seconds are required for program termination after a massage finishes. Wait at least 5 seconds once all movement has stopped before pressing ⏻.
The unit has been damaged.
▶ Stop using the unit immediately.
The power cord or power plug is abnormally hot.
▶ Stop using the unit immediately.

⚠ See Caution No. 5 and 13 on page 3.

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